Chef Katie’s Menu

Spring and Summer 2024

* *Most dishes can be modified to fit any diet: vegan, vegetarian, gluten-free, grain-free, nut-free, etc.*
* *Proteins can be substituted on many dishes. Steak, chicken, pork, shrimp, salmon, scallops, white fish, etc. I can recommend the best options depending on flavor, availability, and price.*
* *Don’t see something you want? Make a request! This is how I learn new recipes!*
* *Due to limited grocery supplies, sometimes items aren’t available. I’ll do my best to substitute with appropriate items*
* *Curious about any of the Beyond Meat or Impossible products? Let’s try them!*

# Entrees -- 2 – 5 Servings

## New and Seasonal Creations

Spring Asparagus Risotto

 *Leeks, asparagus, olive oil, garlic, arborio rice, white wine, vegetable broth, basil, lemon, salt pepper*

 *Optional add-ons: Roasted mushrooms, baked shrimp, or roasted chicken*

 *Italian Side Salad or other Side of choice*

Pasta with Carrot Miso Sauce (Vegan)

 *Choose Pasta Shells or Orecchiette: White, Whole Wheat, Quinoa, Chickpea, or Protein-Packed “Goodles”*

 *Carrot Miso Sauce: Shallot, garlic, olive oil, carrots, cashews, salt, pepper, Miso paste*

*Roasted Asparagus with shallot, Italian Side Salad or other Side of choice*

 *Optional Add-ons: Roasted chicken breast, shrimp, tofu, cannellini beans, or flaked salmon*

Vegan Pasta Primavera with Creamy Garlic Cashew Sauce

 *Pasta Primavera: Pasta, red onion, broccoli, zucchini, carrot, cherry tomatoes, Italian seasoning*

 *Choose Pasta: White, Whole Wheat, Quinoa, Chickpea, or Protein-Packed “Goodles”*

 *Garlic Sauce: Cashews, lemon, garlic, onion, pepper, salt*

 *Italian Side Salad, Roasted Potatoes, or other Side of choice*

 *Optional Add-ons: Roasted chicken breast, shrimp, tofu, cannellini beans, or flaked salmon*

Creamy Pasta Pomodoro (Vegan)

 *Pasta cooked with sauteed summer squash, zucchini, burst tomatoes, and thyme*

*Creamy tomato sauce:* *Onion, garlic, tomato, oregano, red pepper flake, cashews*

 Choose Pasta: Whole wheat penne, quinoa penne, or traditional rigatoni

 Side: *Roasted Broccoli Quinoa Salad with toasted almonds, Balsamic, olive oil*

 *Optional Add-ons: Roasted chicken breast, shrimp, tofu, cannellini beans, or flaked salmon*

Sun-Dried Tomato Summer Pasta

*Creamy Pasta Sauce: Cashews, tomato paste, salt*

*Choice of pasta: White, wheat, quinoa, chickpea, Goodles, or other of your choosing*

*Pasta Mix: Penne Pasta, red pepper flake, mushrooms, garlic, sun-dried tomatoes, baby spinach, basil, capers*

 *Side Salad or Veggie of Choice*

 *Optional Add-in: Grilled Chicken, Roasted Shrimp, Roasted Salmon, Roasted Tofu*

 *Optional Add-ons: Roasted chicken breast, shrimp, tofu, cannellini beans, or flaked salmon*

Crispy Braised Artichoke Chicken Thighs

*Artichokes, chicken thighs (bone-in, skin-on), salt, pepper, olive oil, DF butter, leek, baby potatoes, fennel, white wine, chicken stock, whole grain mustard, tarragon, DF cream (optional)*

 Choose Side: *Herb Cauliflower Mash, Kale Potato Mash, Sweet Potato Mash, Orzo with parsley*

Grilled Honey Mustard Chicken And Broccoli

 *Choose: Chicken Thighs or Breast*

 *Honey Mustard Marinade: Dijon, honey, paprika, olive oil*

 *Charred Broccoli*

 *Roasted Sweet Potato Wedges*

Slow Cooker White Wine Chicken Stew

*Chicken Stew: Chicken thighs, chicken broth, white wine, Worcestershire, balsamic, rosemary, thyme, oregano, garlic, onion, carrots, Yukon potatoes, GF flour, almond milk, peas*

*Choice of Side: Cauliflower Mash, Sweet Potato Mash, Creamy Brown Rice, Side Salad, Roasted Asparagus, Roasted Brussels, or other side of choice*

Sheet Pan Herby Lemon Garlic Chicken and Potatoes

 *Garlic Chicken: Lemon juice, olive oil, garlic, Dijon, oregano, paprika, chicken thighs (boneless)*

 *Lemon Potatoes: Lemon, olive oil, garlic, Dijon, oregano, paprika, Yukon Gold potatoes, onion*

 *Feta Herb Crumble: Feta cheese, parsley, dill, red chili flake*

 *Herb Roasted Carrots with parsley, dill, and red onion*

Spicy-Sweet Roasted “Hun-ey” Mustard Chicken

Spicy-Sweet Mustard Chicken: *Chicken breast, garlic, tamari, chicken broth, brown mustard*

Sweet Mustard Sauce: *Garlic, tamari, chicken broth, dates, brown mustard, arrowroot*

Roasted Garlic Mashed Potatoes: *Russet potatoes, almond milk, roasted garlic, chives, nutritional yeast*

Steamed Green Beans with Toasted Almonds

Spring Chicken Ragu

 *Chicken breasts and thighs stewed with carrot, tomato, asparagus, leeks, peas, chicken stock*

Colcannon Mash: *Mashed potatoes with leeks, kale, and garlic*

Peach Balsamic Chicken

*Peach Balsamic Chicken: Chicken breasts, olive oil, garlic, shallot, peaches (or other stone fruit), balsamic vinegar, fresh basil*

*Steamed Haricot Verts with toasted pecans*

*Choose Side Starch: Cauliflower herb mash, Garlic mashed potatoes, Sweet potato mash, roasted potatoes, steamed quinoa, cooked farro, chickpea orzo*

Nando’s Peri Peri Chicken and Cauliflower Rice

*Peri Peri Chicken: Chicken thighs (or choose breasts), olive oil, chili powder, garlic powder, black pepper, smoked paprika, cumin, Peri Peri sauce (medium spice)*

Cauliflower Rice: *Bell pepper, onion, garlic, tomato paste, cauliflower rice, vegetable stock, chili powder, paprika, turmeric, oregano, red chili flake, peas*

Extra Peri Peri Sauce (for serving)

*\*\*Plant-Based Option: Tofu or Chickpeas*

Sesame Chicken with Sticky Asian Sauce and Asian Succotash

*Sesame Chicken: Chicken breast, eggs, cornstarch, flour, vegetable oil*

*Sticky Asian Sauce: Sesame seeds, garlic, rice vinegar, honey, sweet chili sauce, ketchup, brown sugar, tamari*

Asian Corn Succotash with Shiitakes: *Shiitake Mushroom Corn Succotash with shallot, red bell pepper, snap peas, thyme, smoked paprika*

General Tso’s Chicken (or Tofu)

*General Tso Sauce: Tamari, hoisin, rice vinegar, chili paste, sesame oil, brown sugar, cornstarch, veg broth*

 *Choose: Chicken breast, chicken thigh, Tofu, or chickpeas*

 *With Gringer and garlic*

 *Steamed Rice Options: Brown Basmati, Super-Protein Black, Pink Himalayan, or Cauliflower*

 *Add Side Veggie: Szechuan Green Beans, Stir-Fried Broccoli and Carrots, Steamed Baby Bok Choy*

Honey Sriracha Glazed Turkey Meatballs
 *Meatballs: Ground turkey breast, Panko, egg, green onion, garlic, salt, pepper*

 *Honey Sriracha Glaze: Sriracha, tamari, rice vinegar, honey, ginger, garlic, toasted sesame oil*

 *Also available with: Ground chicken, ground pork, chickpeas, or tofu cubes*

 *Steamed Brown Rice*

 *Stir-fried green beans with red chili or other side of choice*

Onion-and-Pepper Pork Chops

 *Thick-cut bone-in pork chops, GF flour, red and green bell peppers, onion, garlic, Pepperocini, chicken broth*

 *Choose Side: Creamy grits, smashed potatoes, sweet potato mash, cauliflower mash, roasted potato wedges*

 *Roasted Broccoli with garlic and paprika*

Pork And Pepper Chinese Stir-Fry

*Pok loin, cornstarch, vegetable oil, Shaoxing wine, oyster sauce, tamari, Anaheim pepper, green bell pepper, ginger, garlic*

Rice Options: Steamed Brown Basmati Rice, Black Rice, Pink Rice, or Cauliflower “Rice”

 *Asian Cucumber Salad: Cucumber, red chili, rice vinegar, Stevia*

Low-Carb Spicy Chorizo Stuffed Bell Peppers

*Stuffed Peppers: Bell peppers, Mexican Chorizo, onion, garlic, green chilis, tomato paste, chili powder, cumin, garlic, cayenne, cauliflower rice*

 *Plant-Based Option: Soy Chorizo, crumbled tofu, or black beans*

*Optional topping: Cheddar Cheese*

*Kale Avocado Salad: Kale, bell pepper, lemon, avocado or Other Side Veggie*

Pasta with Dill Salmon and Peas

 *Fusilli or Bowtie Pasta – Choose: Traditional white, whole wheat, lentil, quinoa, chickpea, or “Goodles”*

 *Flaked Salmon, shallot, peas, Butter, vegetable broth, dill, Crème Fraiche*

 *Extra Crème Fraiche (for serving)*

 *Roasted asparagus and carrots*

Spiced Summer Salmon with Corn Salad

 *Spiced Salmon: Atlantic salmon, garlic, chili powder, coriander, cumin, lime, grapeseed oil*

 *Corn Salad: Roasted corn, red onion, avocado, red bell pepper, red chili, cilantro*

Miso Salmon and Snap Peas

 *Miso Salmon: Salmon, honey, miso paste, Mirin, ginger, garlic*

 *Snap Peas and Green Beans*

*Kyoto-Style Sweet Potatoes: Sweet Potatoes and Yams with Miso Oil (shallot, ginger, miso, olive oil, scallions)*

 *Plant-Based Option: Tofu*

Chili Lime Salmon With Mexican Street Corn Sauté

 *Chili Lime Salmon: Salmon, chili powder, garlic powder, smoked paprika, salt, lime, coconut oil*

 *Mexican Street Corn and Spinach: Fresh corn, baby spinach, garlic, chili powder, cilantro, lime, DF yogurt*

 *Optional: Cotija Cheese*

Blistered Tomato and Farro Shrimp Salad Bowl

 *Lemon Shallot Vinaigrette: Shallot, honey, Dijon, olive oil*

 *Cooked Farro with wilted baby arugula*

 *Blistered Tomatoes and Shrimp: Jumbo shrimp, grape tomatoes*

 *Toasted pumpkin seeds*

 *Feta Cheese*

Southwestern Vegetarian Stuffed Peppers – Recipe makes 8. Please specify If you want 4 or 8

*Bell peppers stuffed with onion, celery, garlic, fire-roasted tomatoes, green chilis, cumin, chili powder, black beans, corn, brown rice*

*Choice of protein: ground beef, bison, ground turkey, ground chicken, crumbled tofu, plant-based “Beef”, or rice and beans*

*Top It: Mexican cheese, Jack cheese, Vegan cheese, or cheese-free*

*Kale Avocado Salad: Kale, bell pepper, lemon, avocado or Other Side Veggie*

Chipotle Roasted Veggie Black Bean Enchilada Casserole

 *Enchilada Casserole: Roasted veggies, black beans, corn tortillas, cheese (Monterey Jack or DF Mexican blend)*

 *Roasted Veggies: Bell peppers, zucchini, red onion, Cremini mushrooms, garlic*

*Chipotle Enchilada Sauce: Tomato sauce, garlic, chili powder, cumin, chipotle peppers, adobo sauce, almond milk*

 *Cilantro Cauliflower Rice, Grilled Corn Salad, or other side of choice*

Summer and Succotash

 Choose: *Pan-roasted Atlantic Salmon, Chicken, or Portobello Mushrooms*

Leek and Butter Bean Succotash: *Corn, leeks, bell pepper, butter beans, thyme, garlic*

Sweet Heat Tomato Jam: *Grape tomatoes, diced tomatoes, balsamic vinegar, thyme, bay, paprika*

Green Goddess Salad with Spicy Blackened Tofu

 Green Goddess Salad: Spring Mix Greens and Pea Tendrils

 Salad Mix-Ins: Radishes, Carrot, Cucumber, Heirloom Tomatoes

Cashew Green Goddess Dressing: Cashews, Green Peas, Avocado, tarragon, basil, lemon

*Choose Blackened Protein: Chicken, Salmon, Shrimp, Portobellos, Tofu (my favorite!)*

*Blackening Mix: Blackened seasoning (smoked paprika, garlic, onion, salt, pepper, oregano, thyme, cayenne), DF Butter*

Chipotle Lime Black Bean Bowls

*Chipotle Black Beans: onion, red bell pepper, green bell pepper, garlic, cilantro, smoked paprika, coriander, thyme, oregano, chipotle, black beans, vegetable broth*

 *Avocado Crema: DF coconut yogurt, avocado, lime, cilantro*

*Choose sides: Steamed brown rice, steamed quinoa, baked sweet potatoes, sauteed peppers and onions, tortilla chips*

Slow Simmered Black Eye Peas and Greens

*Black-Eyed Peas and Greens: Black-eyed peas, olive oil, onion, garlic, celery, oregano, smoked paprika, cayenne, bay leaf, vegetable broth, collard or similar greens*

 *With Fluffy Brown Rice*

 *Pickled Cherry Tomatoes: Cherry tomatoes, garlic, Dill, cider vinegar, salt, sugar*

Coconut Curry Chickpeas

 *Curry Chickpeas: Onion, garlic, fresh ginger, curry powder, cumin, chickpeas, tomato sauce, coconut milk, kale*

 *Steamed Basmati Brown Rice*

 *Cucumber Salad with red onion and dill*

Ginger Glazed Tofu Meatballs

*Shiitake Tofu Meatballs: Tofu, shiitake mushrooms, onion, garlic, Panko, almond milk, tamari, flaxseed, smoked paprika*

 *Ginger Glaze: Tamari, rice vinegar, tapioca starch, maple syrup, sesame oil, ginger*

 Served with creamy brown rice and broccoli

Szechuan Style Chinese Eggplant

*Chinese eggplant (the long, skinny kind) cooked with shallots, garlic, red chili sauce, tamari, black vinegar, tapioca starch, coconut sugar*

Rice Options: Steamed Brown Basmati Rice, Black Rice, Pink Rice, or Cauliflower “Rice”

Steamed Edamame

Spicy Chinese Sichuan Green Beans

 *Green beans, avocado oil, chili paste, scallions, garlic, tamari, rice vinegar, sugar, red pepper flake*

Rice Options: Steamed Brown Basmati Rice, Black Rice, Pink Rice, or Cauliflower “Rice”

Add: Roasted Tofu, shrimp, salmon, or chicken

Masoor Dal (Indian Red Lentils)

*Dal: Red split lentils, cumin, onion, garlic, ginger, coriander, cumin, turmeric, cayenne, serrano, garam masala diced tomato*

 *Steamed Brown Basmati Rice*

 *Smoky Roasted Cauliflower*

## Burgers and Veggie Burgers

* *Prefer grass-fed beef, turkey breast, chicken breast, plant-based (beans or quinoa)? Just ask!*

**Classic Black Bean Burgers**

*Brown rice, walnuts, onion, chili powder, cumin, smoked paprika, black beans, BBQ sauce, Panko*

**Smokehouse Style Turkey Burgers**

 *Burgers: Ground turkey, smoked paprika, onion, salt, Worcestershire*

 *Recommended Topping: Caramelized Onion and Mushrooms: onion, mushrooms, balsamic vinegar*

**Pesto Chicken Burgers with Spinach Basil Pesto & Mozzarella**

*Pesto Burgers: Spinach pesto (spinach, basil, lemon, olive oil, roasted almonds, Parmesan, garlic), ground chicken, Mozzarella Cheese*

**Diner-Style Veggie Burgers with Special Sauce**

*Veggie Burgers: Black beans, grated beet, garlic, onion, panko, brown rice, Worcestershire, smoked paprika*

*Special Sauce: Vegan mayo, ketchup, pickle relish, garlic, paprika*

**Pineapple Teriyaki Burgers (Forks Over Knives)**

*Teriyaki Burgers: Portobello Mushrooms, scallions, tamari, balsamic vinegar, ginger, maple syrup, smoked paprika, red pepper flake, Panko breadcrumbs, brown rice, walnuts, flaxseed meal*

 *Grilled Pineapple*

 *Recommended Topping: Quick-Pickle Carrot Slaw: Cucumber, shredded carrot, radish, rice vinegar, sugar, salt*

Asian Turkey Burgers

*Ground turkey breast, grated carrot, ginger, tamari, garlic, cilantro*

Southwest Turkey Burgers

*Ground turkey breast, grated zucchini, chili powder, cumin, garlic*

Buffalo Chicken Zucchini Burgers

*Ground chicken breast, grated zucchini, Buffalo sauce, celery, garlic, cumin*

Spicy Green Chili Chicken Burgers

 *Ground chicken breast, spicy fresno chilis, onion, garlic, cumin*

Turkey Bacon-Apple Turkey Burgers

*Ground turkey breast, turkey bacon, apple, rosemary*

Chickpea Falafel Burgers

*Chickpeas, sesame seeds, garlic, red onion, carrot, cilantro, brown rice flour, cumin, coriander, cayenne*

[*https://www.loveandlemons.com/falafel-burger-recipe/*](https://www.loveandlemons.com/falafel-burger-recipe/)

Grilled Portobello Mushroom Burgers

 *Marinated Portobello mushrooms with grilled red peppers, onions, and baby arugula*

<https://plants-rule.com/ultimate-vegan-portobello-mushroom-burgers/>

Garden Veggie Burgers (GF, V)

*Zucchini squash, bell pepper, chives, basil, chickpeas*

<https://plants-rule.com/chickpea-garden-veggie-burgers/>

Super-Green Quinoa Burgers (GF, V)

*Broccoli, peas, quinoa, brown rice flour, and basil*

<https://plants-rule.com/super-green-gluten-free-quinoa-sliders/>

Edamame Shiitake Asian Burgers

 *Edamame, shiitake mushrooms, brown rice flour, sesame, carrot, ginger*

<https://plants-rule.com/shiitake-mushroom-edamame-asian-veggie-burgers/>

Southwestern Sweet Potato Black Bean Burgers

*Black beans, sweet potato, corn, bell pepper, red onion, jalapeno, smoked paprika, cumin, paprika*

<https://plants-rule.com/southwestern-sweet-potato-black-bean-veggie-burgers/>

**Burger Toppings and Sides (next page) 🡪**

### Burger Toppings and Sides

All burgers come with your choice of sides, toppings and buns

Sides (choose up to 2)

* Sweet Potato Fries
* Asian Yam Fries
* Roasted Italian Herb Red Potato Wedges
* Sun-Dried Tomato Pesto
* Quick-Pickle Carrot Slaw
* Asian Cabbage Salad with Peanut Dressing
* Baby Kale Avocado Salad
* Steamed Broccoli
* Roasted Brussels Sprouts or Cauliflower
* Grilled Asparagus
* Sweet Heat Tomato Jam

Toppings (choose up to 2):

 Avocado

Sliced Tomato

Sliced Red Onion

Pickled Red Onion

Sauteed Mushrooms

Sauteed Sweet Onion

Dill Yogurt Sauce (DF)

Avocado Crema (DF)

 Avocado Cabbage Slaw

Creamy Garlic Sauce (DF)

Caramelized Onion and Mushrooms

Vegan Special Sauce

Grilled Pineapple

Buns (choose 1): Whole wheat, white, sprouted grain, Wheat “Thins”, English Muffins, lettuce cups (aka naked)

## The Standards

### Classic American Comfort Food

Pan-Roasted Chicken with Warm Farro Salad

 *Pan-Roasted Chicken Breast and Thighs*

 *Farro Salad with rainbow carrots, shallot, and snap peas*

 *Savory Tahini Sauce*

Lemony Rosemary Broiled Chicken Breast

 *Chicken breast, rosemary, olive oil, lemon juice and zest, garlic*

 *Or Choose: Portobello Mushrooms, Vegan “Chick’n”, Shrimp, or Halibut*

Charred Lemon and Extra Lemon Rosemary Sauce: *Rosemary, olive oil, lemon juice and zest, Dijon, garlic*

Roasted Purple Potatoes and Sweet Potatoes

Roasted Asparagus

One-Pot Chicken and Brown Rice

 *Chicken thighs, onion, celery, carrot, bay leaf, thyme, garlic, brown rice, chicken stock*

 *Steamed Broccoli and Carrots*

Lemony Dill Roasted Chicken, Potatoes, and Vegetables

 *Pan-Roasted chicken breast, new potatoes, asparagus, and carrots*

*Roasted with coriander, olive oil, lemon, shallot, Dijon mustard, parsley, dill, and honey*

*Served with fresh lemon wedges*

Sheet Pan Chicken with Sweet Potatoes Apples and Brussels Sprouts

*Sheet Pan Chicken: Chicken breasts, olive oil, garlic, rosemary, cinnamon*

*Roasted Brussels Sprouts, sweet potato, red onion, apple*

Skillet Chicken Breasts with Lemon, Broccoli & Orzo (NY Times)

*Bone-in, skin-on chicken breasts, olive oil, butter (DF), lemon, red onion, broccoli, orzo, thyme, garlic, white wine, chicken stock*

 *Grated Parm (for serving)*

 *\*\* Options: Boneless chicken breasts, bone-in chicken thighs, boneless chicken thighs*

Wine-Braised Chicken and Apricots

*Bone-in chicken thighs, garlic, carrot, red onion, white wine, chicken stock, dried apricots, rosemary*

*Choose: Creamy Grits, Cauliflower Potato Mash, Garlic Chive Mash, Sweet Potato Mash*

Momma Simmons’ Hearty Irish Bangers and Cabbage Bowl – *one of my favorite recipes growing up*

Choose: Smoked pork sausage, turkey sausage, chicken sausage, or vegan sausage

*Red potatoes cooked with cabbage, onion, carrots, thyme, and vegetable broth*

*Herbed vegetable broth (for serving)*

Amazing Vegan Mac and “Trees”

*Whole grain macaroni, broccoli florets, vegan cheese sauce (onion, potato, garlic, mustard, salt, cashews, nutritional yeast)*

 *Choose Side: Steamed vegetables, roasted vegetables or garden salad*

Sheet Pan Chicken with Sweet Potatoes and Peppers – NY Times

*Garlic, coriander, black pepper, chicken thighs, olive oil, sweet potato, bell pepper, sage, paprika, cayenne, allspice*

*Pickled red onion garnish: Red onion, red wine vinegar, honey, apple cider vinegar*

Emeril’s Cajun Turkey Meatloaf

*Ground Turkey Breast, egg, breadcrumbs, celery, red bell pepper, onion, garlic, Cajun seasoning*

Tomato Ketchup Glaze: *Ketchup, tomato paste*

Garlic Chive Mashed Potatoes: *Russet potatoes, garlic, chives, almond milk, nutritional yeast*

Roasted Asparagus with Crispy Shallot

Barbecue Turkey Meatloaf

*Ground Turkey Breast, egg, breadcrumbs, sweet onion, bell pepper, garlic, smoked paprika, tamari, Worcestershire sauce, BBQ Sauce*

Smoky-Sweet Barbecue Glaze: *Tomato, onion, garlic, brown sugar,, cider vinegar*, molasses

Mashed Sweet Potatoes (DF): *Sweet potato, almond milk, salt, pepper*

Steamed Green Beans

Hearty Chicken and Shrimp Jambalaya

*Chicken Andouille Sausage, chicken breast, celery, green bell pepper, garlic, thyme, brown rice, chicken broth, diced tomatoes, cayenne, shrimp*

 *Sauteed Okra with tomatoes*

Mustard Pork Tenderloin with Apples

*Pork Tenderloin braised with mustard, garlic, cider vinegar, and sage*

*Braised Apples and Onion*

Sauteed Greens and Garlic: Chard, collards, or spinach with garlic

*Sweet Potato Puree*

Quick-Brined Rosemary Sage Pork Chops

*Thin Sirloin Pork Chops Brined with rosemary, garlic, cider vinegar, and sage*

*Wild rice Pilaf with celery, carrot, thyme, bay, vegetable stock*

*Braised Red Chard with Apples*

Hearty Shepherd’s Pie

*Filling of onion, carrot, celery, peas (sub green beans) with a rosemary-sage homemade gravy*

*Choose: ground beef, ground turkey, lentils (vegan)*

Garlic Chive mashed potato crust: *Russet potatoes, almond milk, garlic chives, nutritional yeast*

Roasted Asparagus with Shallot

Jacque Pepin’s Belgium Beef Stew

*Lean beef stew meat with onions, celery, carrots, green peas, and a Belgian beer broth*

Smashed Red Potatoes: *Russet potato, almond milk, nutritional yeast*

Veggie Garden Salad: *Mixed Greens with tomato, cucumber, carrot, with Balsamic dressing*

### “Healthy-ish” Comfort Food Casseroles – Freezer-Friendly

Chicken Divan: Broccoli Noodle Casserole

*Pasta shells, olive oil, garlic, broccoli, butter, brown rice flour, chicken brown, almond milk, chicken breast, cheddar cheese, parmesan, breadcrumbs (GF)*

“Not Your Momma’s” Tuna Noodle Casserole - Dairy-Free, Grain-Free and Low-Carb Options

 *Tuna Casserole: Canned tuna, mushrooms, onion, peas, Panko breadcrumbs*

*Choose Pasta option: Egg noodles, traditional pasta, GF pasta, Hearts of Palm (grain-free) or Cauliflower florets*

*Dairy-Free Cream Sauce: Cashews, nutritional yeast, garlic, lemon, almond milk*

Whole Grain Basil Chicken Baked Ziti

**Casserole Options – Just ask me!**

* Make it Dairy-Free
* Make it Vegan
* Make it Gluten-Free

*Ziti: Chicken breast, whole wheat penne pasta, Marinara sauce (onion, garlic, oregano, basil, tomato), spinach, Mozzarella cheese, basil*

Spaghetti Squash Casserole

*Casserole: Spaghetti Squash, shallot, garlic, Italian seasoning, Italian tomatoes, Mozzarella cheese, basil*

*Choose: ground beef, ground turkey, lentils (vegan)*

Beyond Spicy Sausage Lasagna – vegetarian with vegan option

Beyond Sausage Layer: *Beyond Italian Sausage, onion, eggplant, oregano, garlic, red chili flake*

Layered with: *Lasagna Noodles, Marinara Sauce*

*Ricotta Filling: Ricotta cheese, spinach, lemon, nutmeg, egg, parmesan*

*Italian Cheese Topping*

Forks Over Knives Vegan Spinach Lasagna (V)

Layers of: *Lasagna Noodles, Tofu Ricotta, Marinara*

*Spinach Tofu Ricotta Filling (tofu, nutritional yeast, garlic, parsley, basil, oregano, almond milk lemon juice), chopped spinach*

*Oil-Free Tomato Marinara: Tomato, garlic, oregano, basil*

*Vegan Cashew “Parm” topping*

Hearty Chicken Tamale Pie (Shepherds Pie with a Mexican twist)

*Chicken filling: chicken breast, salsa, black beans, chicken broth, chili powder, scallions*

*Plant-Based option: Jackfruit or vegan chick’n*

*Tamale Crust: Cornmeal, cheddar cheese*

Hearty Shepherd’s Pie

*Filling of onion, carrot, celery, peas (sub green beans) with a rosemary-sage homemade gravy*

*Choose: ground beef, ground turkey, lentils (vegan)*

Garlic Chive mashed potato crust: *Russet potatoes, almond milk, garlic chives, nutritional yeast*

Chicken, Mushroom & Quinoa Casserole

C*asserole: Quinoa, chicken breast, leeks, mushrooms, red wine, flour, almond milk, Parmesan cheese, sour cream, broccoli, almonds, parsley*

Butternut Squash Mac and Cheese – sneak in those veggies 😉

*Butternut squash, shallot, macaroni pasta (or similar), onion, garlic, sage, nutmeg, black pepper, almond milk, cheddar cheese, Gruyere cheese, Parmesan*

 *Panko breadcrumb topping*

Wild Rice, Mushroom, and Leek Gratin

*Wild Rice Gratin: Wild Rice blend, cashews, almond milk, balsamic, Dijon, onion, mushrooms, leeks, celery, carrot, kale*

Amazing Vegan Mac and “Trees”

*Whole grain macaroni, broccoli florets, vegan cheese sauce (onion, potato, garlic, mustard, salt, cashews, nutritional yeast*

**CHOOSE YOUR SIDES**

**For any of the casseroles, choose your side:**

* Asian Corn Succotash ith Shiitakes and Sugar Snap Peas
* Charred Broccoli with Roasted Garlic
* Garden Salad
* Garlicky Greens
* Herb Roasted Rainbow Carrots
* Irish Colcannon: Mashed Potatoes with Kale
* Kale Avocado Salad
* Lemon Parsley Cauliflower “Rice”
* Roasted Asparagus with Shallot
* Roasted Broccoli with Garlic
* Roasted Brussels Sprouts
* Roasted Cauliflower Florets
* Roasted Fall Squash
* Rosemary-Garlic Roasted Root Vegetables (mix of turnips, carrots, potatoes, rutabaga, onion)
* Sauteed Okra with Tomatoes and Garlic
* Sesame Roasted Carrots
* Shredded Brussels” Very Veggie” Pilaf
* Smokey Roasted Cauliflower
* Steamed Broccoli and Carrots
* Steamed Green Beans with Toasted Almonds
* Steamed Haricot Verts with Shallot
* Za’atar Roasted Rainbow Carrots
* Or, name your favorite veggie

### Italian, French, Mediterranean, and Middle Eastern Favorites

Garlic Herb Mushroom Pasta

 *Pasta: Choose whole wheat, chickpea, or traditional spaghetti*

 *Creamy Cashew Mushroom sauce: mushrooms, garlic, white wine, cashew, tarragon, chives, lemon, Dijon*

*Option: Add chicken, beef, shrimp, cod, or “keep it plants”*

*Sauteed Greens with garlic*

Spicy Rigatoni with Sausage, Tomatoes, and Zucchini

*Rigatoni pasta, onion, red pepper flakes, chicken sausage, garlic, tomato, chicken broth, zucchini, basil*

 *For serving: Parmesan Cheese or DF Parm*

 Steamed Broccoli

Roman-Style Braised Chicken

*Chicken breast and thighs, salt, pepper, olive oil, bell peppers, garlic, tomatoes, white wine, thyme, oregano, chicken stock, capers, parsley*

Cauliflower Mash: *Cauliflower, potato, almond milk, nutritional yeast, parsley*

Roasted Asparagus with Olives

Baked Chicken Parmesan

*Chicken breast, egg, GF breadcrumbs, mozzarella cheese, Parmesan*

Classic Marinara: *Tomatoes, garlic, onion, oregano, basil, bay*

Chickpea or 2-Grain Spaghetti

Roasted Brussels Sprouts and Butternut Squash OR Steamed Broccoli and Carrots

Greek Broiled Chicken

Greek Marinated Chicken: *Chicken breast, olive oil, red wine vinegar, lemon juice, oregano, garlic, honey, salt, pepper, paprika*

Lemony Roasted Asparagus with garlic

Greek Roasted Potatoes: New potatoes with oregano, thyme, red chili, garlic, parsley, paprika

Spinach Mushroom Vegetarian Lasagna

Layers of: *Traditional Lasagna Noodles, sauteed mushrooms and onion,*

*Spinach Ricotta Filling: Ricotta cheese, spinach, lemon, nutmeg, egg, parmesan*

*Tomato Marinara: Onion, garlic, tomato, tomato paste, oregano, thyme*

*Italian Cheese Topping*

Side: Roasted Asparagus

Italian Brown Rice Stuffed Peppers

*Bell peppers stuffed with brown rice, shallot, fennel, oregano, crushed tomatoes, baby spinach, nutritional yeast, basil*

*Options: Choose ground beef, ground turkey, chicken sausage, plant-based “meat”*

 Optional: *Add cheese topping (dairy-free or traditional Mozzarella)*

 *Roasted baby carrots with dill and parsley*

Spicy Italian Sausage Pasta with Broccolini

*Chickpea pasta (GF), with broccolini*

*Spicy Italian sausage (choose chicken, pork, or plant-based) sauteed with garlic and red chili flake*

*Parmesan Cheese (non-dairy or traditional)*

*Italian Garden Salad: Mixed greens, cucumber, tomato, carrot, Balsamic Dressing*

Hearty Bolognese

Hearty Bolognese with onion, carrot, garlic, tomato, red wine, rosemary, thyme

Choose: *Beef, ground turkey, lentils, or tempeh*

*Creamy Italian Polenta: Polenta, almond milk, garlic, thyme, nutritional yeast*

Garden Italian Salad: *Tomatoes, cucumber, carrot, salad greens, Balsamic Dressing*

Italian Braised Chicken and Mushrooms

Braised Chicken: *Chicken breasts, sweet onion, cremini mushrooms, garlic, thyme, white wine, chicken broth, bay leaf*

*Cauliflower Potato Mash: Cauliflower, Yukon potato, nutritional yeast, almond milk, parsley*

Garlicky Greens: *Organic Kale and Chard sautéed with garlic and olive oil*

Italian Turkey Meatballs

Italian Turkey Meatballs: *Ground turkey breast, basil, garlic, almond milk, GF breadcrumbs, parsley, nutritional yeast*

Garlic Basil Marinara: *Crushed tomatoes, garlic, onion, bay leaf, basil, thyme*

*Choose: Pasta or Creamy Italian Polenta: Polenta, oat milk, bay, garlic, nutritional yeast*

Steamed Veggies

Mediterranean Chicken Meatballs with Lemony Orzo & Whipped Feta

Greek Meatballs: *Ground chicken, shallot, garlic, oregano, smoked paprika, crushed red pepper flake*

Lemony Orzo Pasta: *Chickpea orzo pasta, green olives, garlic, lemon, olive oil*

Whipped Feta: *Feta cheese, almond milk, olive oil*

 Roasted Asparagus

Creamy Cauliflower Alfredo Pasta with Grilled Chicken

 *Organic Grilled Chicken Breast*

 *Chickpea Linguini with summer squash*

 *Cauliflower Alfredo Sauce*

Steamed Broccoli and Rainbow Carrots

Classic Chicken Piccata

*Chicken and Cauliflower Sauteed in a Lemon Caper Sauce: Capers, garlic, brown rice flour, lemon, parsley*

Herbed Chickpea Orzo Pasta: *Gluten-free chickpea pasta (orzo shape) with parsley*

 Roasted Cauliflower

Italian Chicken Cacciatore (“Hunter’s Stew” with mushrooms, onion, garlic, tomato, capers)

*“Hunter’s Stew” with chicken breast and thighs, onion, garlic, tomato, capers, olives*

Chickpea or Lentil Pasta Shells

Garden Italian Salad: *Tomatoes, cucumber, carrot, salad greens, Balsamic Dressing*

Greek Chicken Vesuvio

*Chicken breast and thighs, braised with leeks in a white wine oregano sauce: Oregano, white wine, garlic, chicken stock, lemon*

Roasted Red potatoes

Greek Garden Salad: *Romaine salad, tomato, bell pepper, carrot, capers, Oregano Red Wine dressing*

Greek Chicken Meatball Pita Pockets

*Meatballs: Ground chicken breast, garlic, red onion, oregano, paprika, cumin*

Dairy-Free Tzatziki Sauce: *Almond-based Greek yogurt, cucumber, garlic, dill, lemon*

Greek Salad: *Cucumber, tomato, red onion, kalamata olives, Feta (dairy-free or regular)*

*Greek Dressing: oregano, olive oil, garlic, red wine vinegar, salt, pepper*

Whole Wheat Pita Bread

Optional Add-on: *Hummus, Baba Ghanouj, or Harissa Sauce*

Classic Swedish Meatballs (DF)

*With beef, pork, almond milk, almond milk yogurt, GF breadcrumbs, nutmeg, allspice, onion*

Mushroom Gravy: *Meatball jus, mushrooms, broth, brown rice flour, Dijon, vegan Worchestershire*

Cauliflower Parsnip Mash: *Cauliflower, parsnips, almond milk, parsley*

Braised Red Chard and Apples

Paprika Chicken & Pepper Rice

 *Paprika Chicken: Smoked paprika, salt, pepper…Choose: Chicken breasts, thighs, or combination*

 *Pepper Rice: Brown basmati rice, red bell pepper, onion, tomato*

 *Steamed Green Beans*

*Fresh Lemon Wedges*

French Braised Chicken, Leeks, and White Beans

 With *Chicken Breast and Thigh*

 *Leeks, celery, garlic, white wine, thyme, Herbs de Provence, bay, red chili, vegetable stock, navy beans*

*Cauliflower Potato Mash: Cauliflower, Yukon potato, nutritional yeast, almond milk, parsley*

French Potato Salad: *Tri-Color potatoes, green beans, Herbs de Provence Dressing*

French Coq Au Vin – *lightened up version of* Chicken in Wine

*Chicken breasts and thighs (bone-in) braised with carrot, onion, celery, mushrooms, garlic, red wine, tomato paste, chicken stock, flour, thyme, smoked paprika*

 *Parsnip Potato Mash*

 *Steamed Haricot Verts*

Italian Braised Sausage with Fennel

*Mild Sausage braised with fennel, sweet bell peppers, onion, white wine, garlic*

*Cauliflower Potato Mash: Cauliflower, Yukon potato, nutritional yeast, oat milk, parsley*

 *Sausage Options: Pork, Chicken, or Plant-Based*

 *Italian Garden Salad*

### Plant-Based Favorites

Vegan Mushroom Bourguignon

Bourguignon: *Dried porcini mushrooms, cremini mushrooms, olive oil, onion, garrot, red bell pepper, garlic, thyme, oregano, tomato paste, red wine, vegan butter, flour*

*Parsnip Potato Mash: Parsnips, gold potatoes, almond milk, salt, pepper*

 Roasted Brussels Sprouts

Creamy Mushroom Pea “Farroto” (made with whole grain farro instead of white rice)

 *Cremini mushrooms, shallot, garlic, farro, white wine, vegetable stock, nutritional yeast, peas*

 Roasted Rainbow Carrots

Broccoli and Leek Farro Gratin

*Farro Gratin: Whole Grain Farro, leeks, carrot, broccoli, and cauliflower baked in a Vegan Cashew Cream Sauce (cashews, white wine vinegar, Dijon mustard, onion, garlic)*

 *Arugula Rainbow Carrot Salad with Fig Balsamic Dressing*

Baked Pasta alla Norma Casserole: Spicy Italian Eggplant Pasta

*Chickpea Pasta, Roasted Eggplant, with a Spicy Tomato Sauce: Garlic, crushed tomatoes, red chili flake, oregano, garlic, nutritional yeast*

*Choose: Vegan Mozzarella and Parm or Oil-Free: Nutritional Yeast and Cashew Parm*

 Garlicky Broccoli: *Broccoli steamed with garlic*

Roast Puttanesca Eggplants With Tomato Rice & Feta

*Roasted Eggplants: Eggplants, oregano*

*Tomato Rice: Shallot, long-grain brown rice, tomato paste, garlic, sun-dried tomatoes, diced tomatoes, vegetable broth*

*Puttanesca Topping: Capers, kalamata olives, pine nuts, basil, cherry tomatoes, balsamic vinegar*

*Side: Leafy Greens with Balsamic Dressing*

Crab-less Hearts of Palm Crab Cakes

 *Hearts of palm, mustard, corn flour, parsley, bell pepper, corn, Creole spices*

Creole Roasted Sweet Potato Wedges (peeled)

Creole Hummus

Sauteed Green Beans *with garlic, tomato, and herbs*

Vegan Arroz con Pollo: Costa Rican Hearts of Palms and Rice

Arroz con Pollo: *Brown rice, veggie broth, achiote paste, Hearts of Palm, cilantro, red bell pepper, celery, onion, garlic, tamari, carrot, peas, corn*

Jicama Salad

Greek Stuffed Eggplant

Baked Eggplant Stuffed with Red Sauce: *Eggplant, tomato, garlic, oregano, bay*

*Lemon Dill ‘Cauliflower’ Rice with pine nuts*

*Greek salad with tomato, cucumber, red onion, kalamata olives, oregano, red wine vinegar*

*Whole Wheat Pita*

Red and \*Green Plant-Based Tacos

*Green Tacos: Roasted gold potatoes, green Fresno chilis, onion, cumin*

*Red Tacos: Sweet potatoes, mushrooms, chipotle chili, red onion, cumin*

Mexican Spiced Cauliflower Rice and Beans: *Cauliflower Rice with black beans, paprika, cumin, cayenne*

Cabbage Avocado Slaw: *Avocado, shredded red cabbage, cilantro, lime*

Choice of Tortillas: *Corn, flour, whole wheat, sprouted grain, or grain free (quinoa/cassava/almond flour)*

Veggie Verdes Mexican Salsa “Lasagna”

Roasted Salsa Verde: *Tomatillos, Jalapeno, Onion, Cilantro, Garlic, Lime*

Filling: *Yukon potatoes, onion, black beans, cumin; with Corn Tortillas*

*Kale Avocado Salad: Kale, avocado, lemon, red bell pepper*

Almond Butter Pad Thai: <https://plants-rule.com/oil-free-almond-butter-green-bean-pad-thai/>

*Buckwheat Soba Noodles*

*Bell Pepper, Sweet Onion, Green Beans, garlic, (add Roasted Chicken Breast, shrimp, tofu, or green peas)*

Spiced Almond Sauce: *Almond butter, tamari, dates, lime, red chili paste*

Steamed Edamame with Sesame Seeds

Super-Veggie "Fried" Rice

*Brown rice with onion, carrot, cabbage, snow peas, green peas + broccoli*

*Asian Cucumber Salad: Cucumber, rice vinegar, red chili flake*

Miso-Roasted Cashews: *Cashews, sesame seeds, miso, maple syrup, sesame oil*

Cauliflower Fried “Rice” Bowl

*Cauliflower “rice” with onion, carrot, ginger, miso, tamari, peas*

*Quick Asian Pickles*

*Sweet and Salty Tamari Sauce*

Chinese “Happy Rice”

 Chinese Black Forbidden Rice steam-fried with *carrot, onion, ginger, broccoli, and pistachios*

Baked Sesame Tofu

 Sesame-Ginger Bok Choy

Tofu Egg Roll in a Bowl

*Crumbled tofu, scallions, sesame oil, red onion, garlic, ginger, water chestnuts, sriracha, coleslaw, tamari, rice wine vinegar*

 *Black sesame seeds and scallions, Mayo Chili Sauce: Mayo, sriracha*

Chinese Garlic Broccoli Cashew Stir-Fry

 *Stir-Fry Mix: Broccoli, red bell pepper, onion, garlic, cashews*

 *Garlic Sauce: Tamari, garlic, sesame oil, dates, plum vinegar*

Steamed Black Rice, Sesame Edamame

Golden Singapore Noodles: [*https://plants-rule.com/vegan-singapore-udon-noodles-stir-fry-oil-free-recipe/*](https://plants-rule.com/vegan-singapore-udon-noodles-stir-fry-oil-free-recipe/)

 *Brown Rice or Udon noodles*

 *Singapore Sauce: Tamari, curry powder, turmeric, sriracha*

Stir-Fry Mix: *Scallions, garlic, ginger, red bell pepper, green bell pepper, onion, cilantro*

 *Choose: Tofu, chicken, shrimp, scallops, or “all veg”*

 *Asian Cucumber Salad: Cucumber, rice vinegar, red chili flake*

### South of the Border

Sweet Potato Black Bean Enchiladas (GF)

Enchiladas: *Sweet potatoes, chili powder, cumin, garlic, black beans, corn, Mexican cheese, quinoa tortillas*

*Choose: Dairy Mexican Cheese, DF Plant-Based Cheese, No Cheese, or Extra Avocado Crema*

Enchilada Sauce: *Onion, garlic, cumin, chili powder, oregano, tomato, cider vinegar*

Avocado Lime Crema: *DF Greek Yogurt, avocado, lime, cilantro*

 *Cilantro Cauliflower Rice: Cauliflower Rice with onion, garlic, cilantro*

Spinach and Mushroom Enchiladas: <https://frommybowl.com/vegan-spinach-mushroom-enchiladas/>

Enchiladas: Onion, cremini mushrooms, corn, serrano pepper, garlic, chili powder, cumin, baby spinach, corn/flour tortillas

Choose: Red (salsa roja) or Green (salsa verde)

Avocado Crema: *DF Yogurt, avocado, lime, cilantro*

*Choose: Smoky black beans, “unfried” Pinto beans, Mexican Quinoa, or Cauliflower rice and beans*

Spicy Grilled Fajitas

*Choice of Fajita: Grilled chicken, steak, shrimp, tofu, or Portobello mushrooms’*

*With grilled red onion, bell peppers, and spicy peppers*

Mexican Quinoa with tomato, onion, garlic, paprika, peas, and corn

Stewed Ranchero Pinto Beans: *Pinto beans stewed with onion and garlic*

Choice of Tortillas: Corn, Flour, Whole Wheat, or Grain-Free

Hearty Chicken Tamale Pie (Shepherds Pie with a Mexican twist)

*Chicken filling: chicken breast, salsa, black beans, chicken broth, chili powder, scallions*

*Plant-Based option: Jackfruit or vegan chick’n*

*Tamale Crust: Cornmeal, cheddar cheese*

 Kale Avocado Salad *with bell pepper and lemon*

Stewed Chicken Veracruz

*Chicken breasts and thighs stewed with onions, garlic, carrot, potato, tomato, bay, thyme, marjoram, green olives, raisins, and capers*

Steamed Brown Rice

 Cucumber Avocado Salad

Argentine Grilled Steak with Chimichurri

Choose Steak (depending on availability): Flank, Hanging Tender, Sirloin, Filet, or plant-based Cauliflower

Chimichurri Sauce: *Oregano, parsley, red wine vinegar, lemon, garlic, shallot, red chili flake, pepper*

Roasted Purple Potatoes and Organic Sweet Potatoes

Grilled Asparagus

Quinoa con Pollo: Costa Rican Chicken and Quinoa

Quinoa con Pollo: *Quinoa, chicken broth, achiote paste, chicken breast, cilantro, red bell pepper, celery, onion, garlic, tamari, carrot, peas, corn*

Jicama Salad

 \*\*Vegan version: with Shredded Jackfruit

### Tacos

**Choose 2 varieties for $20 extra, 3 varieties for $40**

\*Swap out the proteins for other options: ground turkey, roasted chicken breast, steak, shrimp, salmon, tilapia, black beans, tofu, tempeh, vegan “chikn”, Beyond meat

Chipotle Lime Salmon Tacos

 *Spiced Salmon: Atlantic salmon, lime, coconut sugar, chipotle powder, cumin, garlic, paprika*

Vegan Carne Asada Tacos

*Vegan Carne Asada: TVP marinated with onion, cilantro, garlic, serrano, tamari, lime juice, lemon juice, orange juice, cider vinegar, smoked paprika, cumin*

Ground Turkey Tacos

*Ground turkey breast, onion, garlic, tomato paste, chili powder, cumin*

 *Plant-Based option: tempeh, lentils, or soy “chorizo”*

Crispy Baked Fish Tacos

*Whitefish (like tilapia, rockfish, or cod), panko breadcrumbs, chili powder, garlic powder, cumin, salt, pepper, egg*

Chipotle Sweet Potato and Mushroom Tacos

*Sweet potatoes, mushrooms, chipotle chili, red onion, cumin*

Smoky Tofu Black Bean Tacos – loaded with healthy plant-based protein

*Crumbled tofu, black beans, tamari, chili powder, chipotle, cumin, garlic, onion, salsa, nutritional yeast*

Roasted Cauliflower Chickpea

*Cauliflower, chickpeas, BBQ rub (cumin, paprika, garlic, onion, chili powder, smoked paprika, black pepper, coconut sugar)*

Spicy Tinga Tacos

*Shredded chicken breast, onion, garlic, chipotle, tomato*

Plant-Based Version: *Tofu Tinga or Jackfruit Tinga*

Baja Fish Tacos with Tomatillo Salsa Verde

 Baked White Fish: Market selection of halibut, tilapia, snapper, or cod baked with Baja seasoning

 Tomatillo Salsa Verde: *Tomatillos, garlic, cilantro, lime, avocado, serrano pepper*

Green Chili-Potato Tacos

*Boiled gold potatoes, green Fresno chilis, onion, cumin*

<https://plants-rule.com/vegan-chili-potato-tacos/>

Red Ancho Chicken Tacos

 *Red Ancho chili sauce with onion, garlic, red wine vinegar, Mexican oregano, fire-roasted tomatoes*

 *Choose: Chicken, steak, shrimp, tilapia, sweet potato, or mushroom*

Taco Sides (choose 1):

* *Smoky Black Beans*
* *Mexican Cauliflower “Rice” and Beans*
* *Mexican Quinoa*
* *Corn Avocado Salsa*
* *Jicama Guacamole*
* *Pineapple Salsa*
* *Ranchero Pinto Beans*

Taco Toppings (choose 2)

* *Diced tomato*
* *Avocado*
* *Pico de Gallo*
* *Diced tomato*
* *Pickled red onion*
* *Pickled jalapeno*
* *Shredded lettuce*

Tortilla Options:

 *Corn, flour, whole wheat, brown rice, quinoa flour, cassava flour (grain-free)*

 *Homemade Cassava or Corn tortillas ($15 extra)*

### Seafood Inspirations

\* Specific varieties of fish depend on market availability

Parmesan-Crusted Baked Salmon

*Fresh Atlantic Salmon with a crust of Parmesan cheese and GF breadcrumbs*

Zucchini Boats with Herbed Goat Cheese Filling

Roasted Yellow Potatoes with parsley

Grilled Dill Salmon and Quinoa Pilaf

 Grilled Salmon

Grilled Vegetable Quinoa Pilaf: *Market selection of: zucchini, asparagus, summer squash, tomatoes*

Creamy Dill Sauce: *Cashews, baby spinach, dill, white wine vinegar*

Lemon Garlic Baked Salmon

 Fresh Atlantic Salmon baked with garlic, olive oil, and lemon

Roasted Spaghetti Squash with fresh thyme

 Sauteed Zucchini with garlic

Sesame Ginger Glazed Salmon\*\* with Citrus Sauce

 Glazed Salmon: *Atlantic Salmon, cornstarch, water, ginger, garlic, tamari, honey, rice vinegar, sesame oil*

 *Broccoli Rice: Steamed Brown rice with Broccoli and Peas*

*Citrus Tahini Sauce: Orange, lemon juice, tahini, cider vinegar, maple syrup, Dijon, garlic*

 \*\*Also delicious with chicken breasts, tofu, or white fish (like tilapia or cod)

Spicy Szechuan Salmon Rice Bowls

 *Grilled Atlantic Salmon*

*Spicy Szechuan Sauce: Red chili, dates, tamari, garlic, Hoisin sauce*

 *Steamed Brown Basmati Rice*

 *Steamed Broccoli and Carrots with Sesame Seeds*

Mediterranean Herb Tilapia

*Tilapia (or other white fish), cherry tomatoes, green olives, red onion, garlic, capers, parsley, olive oil, salt, pepper, oregano, lemon juice*

 *Roasted Cherry Tomatoes*

 *Choose: Spaghetti Squash, Herb Roasted New Potatoes, Broccoli Rice, or Cauliflower Herb Mash*

Simple and Healthy Baked Whitefish

 *Fresh Whitefish (Atlantic Cod, halibut, rockfish, or market offering) baked with lemon, thyme*

*Steamed Haricot Verts with toasted almonds*

*Wild rice Pilaf with celery, carrot, thyme, bay, vegetable stock*

Jerk-Spiced Tilapia

Jerk-Spiced Tilapia: *Sustainable tilapia, jerk seasoning (garlic, cayenne, onion, thyme, parsley, salt, paprika, allspice, black pepper, nutmeg, cinnamon, ginger)*

Coconut-Steamed Rice *Long grain brown rice with coconut, green onions*

Mango Salsa: *Mango, cilantro, red onion, lime*

Grilled Herb Shrimp

 *Grilled shrimp marinated with garlic, onion, parsley, basil, Dijon, olive oil, lemon*

Grilled Asparagus with Kalamata Olives

Greek Roasted Potatoes: *New potatoes with oregano, thyme, red chili, garlic, parsley, paprika*

### Asian Inspired

Firecracker Turkey Meatballs

Meatballs: *Ground turkey breast, egg, coconut flour, onion, cilantro, Sriracha, tamari, coconut sugar, cumin, garlic, paprika*

*Coconut Pineapple Brown Rice: Basmati brown rice, light coconut milk, pineapple, bell pepper, cilantro*

Roasted Broccoli with Garlic

Huli-Huli Hawaiian Grilled Chicken : <https://www.delish.com/uk/cooking/recipes/a30380053/huli-huli-chicken-recipe/>

Choose: *Chicken Breast, Thighs, or Combination*

*Huli-Huli Sauce and Marinade: Pineapple, tamari, brown sugar, ketchup, chicken broth, sriracha, garlic, ginger*

 *Grilled Pineapple*

 *Steamed Brown Basmati Rice with Scallion*

 *Charred Broccoli*

Sesame Green Bean Stir Fry

*Stir-fry: Sesame oil, garlic, tamari, coconut sugar, rice vinegar, ginger, sesame seeds, cornstarch, carrots, onion, red bell pepper, green beans, toasted cashews*

*Choose: Chicken, pork, steak, or tofu*

*Steamed Brown Basmati Rice*

*Asian Cucumber Salad: Cucumber, rice vinegar + red Thai chili pepper*

Broccoli Sweet and Spicy Sesame Tahini Noodles

*Steam-fry broccoli with sesame oil and red chili flake*

*Brown Rice Noodles*

*Optional Add-on: Chicken breast, roasted tofu, shrimp*

*Sweet and Spicy Sauce: Tamari, tahini, coconut sugar, rice vinegar, ginger, garlic, chili paste*

*Steamed Edamame or Asian Cucumber Salad*

No Sugar Orange Chicken

*Orange Chicken: chicken breast, tamari, rice vinegar, tomato paste, orange juice, sesame oil, garlic, ginger, red chili flake, avocado oil, tapioca starch, cashews, green onions, red bell pepper, cauliflower*

*Plant-Based Options: Tofu or chickpeas*

Rice Options: Steamed Brown Basmati Rice, Black Rice, Pink Rice, or Cauliflower “Rice”

Steamed Edamame

Vegged-Up Cashew Chicken – Better Than Take-out

Cashew Chicken: *Chicken breast, cornstarch, grapeseed oil, sesame oil, broccoli, red bell pepper, edamame, garlic, cashews, scallions, tamari, maple syrup, rice wine vinegar, Asian chili sauce, ginger*

*Plant-Based Options: Tofu or chickpeas*

Rice Options: Steamed Brown Basmati Rice, Black Rice, Pink Rice, or Cauliflower “Rice”

Asian Cucumber Salad: *with red chili, rice vinegar, Stevia*

Healthy Kung Pao Chicken

 *Chicken breast, vegetable oil, onion, asparagus, peanuts, green onion, red bell pepper*

*Plant-Based Options: Tofu or chickpeas*

*Kung Pao Sauce: Cornstarch, tamari, sesame oil, water, rice vinegar, maple syrup, garlic, ginger, red chili*

Rice Options: Steamed Brown Basmati Rice, Black Rice, Pink Rice, or Cauliflower “Rice”

 *Steamed Edamame*

Sesame Soba Noodles With Pan-Seared Tofu And Broccolini

 *Sesame Noodles: Soba noodles, tahini, maple syrup, tamari, rice vinegar, sesame oil, red pepper flakes*

 *Pan-Seared Tofu*

 *Sauteed Broccolini, shiitkae mushrooms, ginger, garlic, tamari*

 *Sesame Sauce: Tahini, maple syrup, tamari, rice vinegar, sesame oil, red pepper flakes*

Thai Spicy Basil Chicken (Easy Gai Pad Krapow)

*Thai Chicken: Thai bird chili, shallot, garlic, ground chicken breast, coconut sugar, tamari, fish sauce, chicken broth, basil*

*Plant-Based Version: Crumbled Tofu*

Rice Options: Steamed Brown Basmati Rice, Black Rice, Pink Rice, or Cauliflower “Rice”

Stir-Fry Broccoli: *Broccoli, oil, chili paste, scallions, garlic, tamari, rice vinegar, sugar, red pepper flake*

PF Chang-ed Lettuce Cups

*Ground chicken breast, onion, water chestnuts, homemade hoisin, tamari, rice vinegar, scallions*

*Plant-Based Option: Walnut and Mushroom “Meat”*

Homemade Hoisin: *Dates, miso paste, tamari, rice vinegar, 5-spice powder, tahini, smoked paprika*

Bib Lettuce and Fresh Mint

Sesame Crusted Roasted Broccoli: *Broccoli, sesame seeds, tamari, sesame oil, salt*

Shredded Broccoli Fried Rice

 *Grated broccoli, brown rice, sesame oil, onion, garlic, carrots, tamari, egg, scallions*

 Baked Sesame Tofu: *Firm tofu with sesame seeds, tamari, sesame oil*

Steamed Edamame

Shredded Brussels Sprout Fried Rice

*Shredded Brussels sprouts, grapeseed oil, scallions, garlic, ginger, brown rice, tamari, maple syrup, sesame oil, sesame seeds*

Spicy Baked Tofu

*Tofu, tamari, sriracha, apple cider vinegar, maple syrup, sesame oil*

 Asian Cucumber Salad: *Cucumber, red chili, Stevia, rice vinegar*

Cabbage Tofu Stir Fry

Stir-fry Cabbage: Cabbage, tofu, scallions, garlic, ginger, smoked paprika, coriander, tamari, black vinegar, maple syrup, sesame oil, vegetable bouillon (also available with ground chicken or pork(

Steamed Black “Superfood” Rice

*Steamed Edamame*

Tofu Egg Roll in a Bowl

*Tofu, scallions, sesame oil, red onion, garlic, ginger, water chestnuts, sriracha, coleslaw mix, tamari, rice wine vinegar, black sesame seeds and scallions*

 *Chili Sauce: Mayo, sriracha*

Grilled Teriyaki Bowls

*Steamed Himalayan Pink Rice*

*Stir-Fried Bok Choy, Shiitake Mushrooms, Ginger, Carrot*

Dark Teriyaki Sauce: *Tamari, rice wine vinegar, dates (in lieu of brown sugar), ginger*

Steamed Edamame

 Option to add: *Roasted Chicken Breast, Salmon, Shrimp, Tofu, edamame, “all-veg”*

Sweet and Spicy Sesame Tahini Noodles with Veggies

*Steam-fry broccoli and asparagus with red chili flake*

*Wide Udon Noodles*

*Sweet and Spicy Sauce: Tamari, tahini, coconut sugar, rice vinegar, ginger, garlic, chili paste*

*Asian Cucumber Salad*

Golden Singapore Noodles

 *Brown Rice noodles + Scallions, garlic, ginger, bell peppers, onion, snow peas*

*Singapore Sauce: Tamari, curry powder, turmeric, sriracha*

 Option to add: *Roasted Chicken Breast, Salmon, Shrimp, Tofu, edamame, “all-veg”*

 *Asian Cucumber Salad: Cucumber, rice vinegar, red chili flake*

[*https://plants-rule.com/vegan-singapore-udon-noodles-stir-fry-oil-free-recipe/*](https://plants-rule.com/vegan-singapore-udon-noodles-stir-fry-oil-free-recipe/)

Charred Chinese Garlic Broccoli Cashew Stir-Fry

Stir-Fry Mix: Broccoli, red bell pepper, red onion, garlic, cashews

Garlic Sauce: Tamari, garlic, sesame oil, dates, plum vinegar, mirin

Steamed Black Japonica Rice , Asian Cucumber Salad

<https://plants-rule.com/chinese-double-garlic-broccoli-stir-fry-vegan-plant-based-recipe/>

Super Veggie Vietnamese Peanut Pad Thai

Option to add: chicken, shrimp, pork, tofu, or leave all-veg

*Brown Rice Pad Thai Noodles*

*Steam-Sauteed Broccoli, Carrot, Snow Peas*

Asian Peanut Sauce: *Dates (in lieu of brown sugar), peanut butter, tamari, red chili, ginger, rice vinegar*

Asian Cucumber Salad: *with red chili, rice vinegar, Stevia*

Green Bean Almond Pad Thai: <https://plants-rule.com/oil-free-almond-butter-green-bean-pad-thai/>

*Buckwheat Soba Noodles*

*Sauteed* *Sweet Onion, Green Beans, garlic*

 Option to add: *Roasted Chicken Breast, Salmon, Shrimp, Tofu, edamame, “all-veg”*

Spiced Almond Sauce: *Almond butter, tamari, dates, lime, red chili paste*

Steamed Edamame with Sesame Seeds

Green Thai Coconut Curry

*Steamed Brown Basmati Rice + Cauliflower, Snap Peas, Carrot, Chickpeas*

Coconut Green Curry Broth: *Green chili paste, garlic, ginger, lemongrass, galangal, shallot, coconut milk*

Asian Cucumber Salad: Cucumber, rice vinegar, stevia, red chili flake

 Option to add: *Roasted Chicken Breast, Salmon, Shrimp, Tofu, edamame, “all-veg”*

<https://plants-rule.com/green-thai-coconut-curry-with-bamboo-rice/>

Thai Sweet Potato Red Curry (GF, V)

Brown Rice Noodles + Veggies: Sweet Potato, bell pepper, swiss chard

Spicy Red Coconut Curry Sauce: *Red chili pepper, garlic, lemongrass, galangal, shallot, kaffir lime, coconut, spices*

 Option to add: *Roasted Chicken Breast, Salmon, Shrimp, Tofu, edamame, “all-veg”*

Kale Avocado Salad: *Kale, bell pepper, avocado, lemon*

<https://plants-rule.com/red-kuri-squash-drunken-noodles-curry/>

### India, Africa, Middle Eastern, and other Parts of the World

Roasted Eggplant Sabich Sandwiches

 *Roasted Eggplant: Eggplant roasted with za’atar, garlic, tamari*

 *Parsley Tahini: Parsley, chives, tahini*

*Israeli Salad: Persian cucumber, tomatoes, mint, lemon*

*Harissa Hummus: Hummus, harissa, cumin*

*Cumin-Spiced Sweet Potato Wedges*

Middle Eastern Lentil Stew

Middle Eastern Lentil Stew: *Brown lentils, carrot, celery, onion, potato, Ras al Hanout spices (cumin, coriander, turmeric, cinnamon, pepper)*

Chopped Jerusalem Salad: *Cucumber, tomato, red onion, parsley, olive oil, red wine vinegar*

Steamed Brown Basmati Rice

Middle Eastern Grilled Chicken Flatbread

 Whole Wheat Naan (contains dairy)

 Baba Ghanouj: Eggplant Hummus *with chickpeas, tahini, garlic, cumin*

Grilled Sumac-Spiced Chicken Breast

 Persian Cucumber Salad *with pomegranate, red onion, lemon, parsley, olive oil*

 Garden Salad: *Mixed lettuce, cucumber, carrot, tomato, Pomegranate Balsamic*

Grilled Zaatar Chicken with Garlic Yogurt Sauce:

<https://www.today.com/recipes/grilled-za-atar-chicken-garlic-yogurt-cilantro-recipe-t223741>

Za’atar Marinated Chicken: Garlic, lemon, DF yogurt, cilantro, olive oil, za’atar, marjoram

Choose: Chicken Breasts, Thighs, or Combination

Quinoa Tabbouleh: *Quinoa, parsley, shallot, sherry vinegar, tomato, cumin, coriander, cayenne*

Garlic yogurt sauce: DF yogurt, garlic, lemon

Roast Chicken Shawarma with Romaine Lettuce Salad (GF, DF)

Roasted Chicken Shawarma: *Chicken breast, chicken thigh, olive oil, lemon, garlic, paprika, cumin, coriander, cinnamon, red pepper flake, turmeric, red onion*

\*\*Plant-Based Version: Portobello Mushrooms!

Cous Cous Tabbouleh: *Cous Cous, parsley, shallot, sherry vinegar, tomato, cumin, coriander, cayenne*

Hummus: *Chickpeas, tahini, cumin, coriander, paprika*

Chopped Romaine Lettuce

Indian Chicken Meatballs with Curry Sauce

*Meatballs: Ground chicken, ginger, cumin, coriander, cloves, cinnamon, nutmeg, black pepper, salt, cayenne, DF yogurt (oat-based)*

*Curry Sauce: Onion, garlic, ginger, cilantro, curry paste, tomatoes, Dino kale, coconut milk, garam masala*

 Brown Basmati Rice

 Cucumber Dill Salad

West African Peanut Butter Stew

 *Onion, bell pepper, sweet potato, ginger, curry powder, collards, peanut butter, roasted peanuts*

 *Steamed Brown Rice with red beans*

### Bowls

*\*\*All are 100% plant-based. You can add any protein: chicken breast, shrimp, salmon, steak, pork, tofu, tempeh, or starchy veggies)*

Baked Sesame Cabbage Crunch Salad

Sesame Dressing: *Sesame oil, canola oil, maple syrup, ginger, garlic*

Cabbage Crunch Salad: *Shredded red and green cabbage, green onion, cilantro, shredded carrots, red bell pepper*

 Sesame-Marinated Protein: choose chicken breast, shrimp, steak, tofu, or cauliflower.

 Nut Seed Topping: *Toasted almonds, cashews, and sesame seeds*

Tamari-Ginger Salmon Rice Bowls

*Marinated Salmon: Tamari, scallions, sesame oil, avocado oil, sesame seeds, ginger, garlic, salmon*

 *Bowls: Cooked brown rice, avocado, seedless cucumber*

 *Tamari-Soy Dressing: Tamari, scallions, sesame oil, avocado oil, sesame seeds, ginger, garlic*

\*optional: Add sliced serrano pepper or radishes for extra heat

Grilled Burrito Bowls

*Grilled Chicken, shrimp, steak, tofu, vegan chik’n, or Portobellos*

*Steamed Brown rice and smoky black beans*

*Sauteed peppers and onions*

*Shredded lettuce, roasted corn and tomato, guacamole*

Spicy Southwest Ranch Bowls

*Spice Blend: Lime, honey, chili powder, cumin, garlic, paprika, cayenne*

*Choose: Chicken breast, Steak, Shrimp, Salmon, White Fish, Cauliflower, or Chickpeas*

 *Salad: Shredded cabbage, green onion, cilantro, carrots, red bell pepper, jalapeno, corn, roasted pepitas*

 *Dairy-Free Yogurt Ranch: Dairy-Free Greek yogurt, garlic, onion, lemon, dill, hot sauce*

 *Toppings: Baked tortilla strips, avocado*

Farro Nicoise Salad Bowls

 Creamy Cashew Dijon Vinaigrette: *Dijon mustard, red wine vinegar, lemon, garlic, cashews*

 *Steamed Farro, Haricot Verts, Roasted Fingerling Potatoes*

 Artichoke Hearts, Tomatoes, Kalamata Olives, Market Lettuces

OptionalAdd-on: Flaked salmon, grilled chicken, poached tuna

Black Forbidden Rice Bowl with Cashew-Miso Sauce

Steamed Black Forbidden Rice

 Sauteed carrot, bok choy, ginger, shiitake mushrooms, and snap peas with tamari

Grilled Tofu (or choose chicken, shrimp, salmon, sweet potatoes, or steak)

Cashew-Miso Sauce: *Cashews, dates, miso paste*

 <https://plants-rule.com/black-forbidden-rice-asian-bowl-with-tofu-and-miso-cashew-sauce/>

Quinoa Fiesta Bowl

*Toasted Quinoa with Mexican Spices: Cumin, coriander, paprika*

*Smoky Stewed Black Beans*

*Baby Greens, Diced Tomatoes, Avocado Lime Dressing*

<https://plants-rule.com/quinoa-fiesta-bowl-with-beans-pico-de-gallo-and-avocado-lime-dressing/>

Quinoa Kale Buddha Bowl

 *Quinoa, steamed kale*

*Roasted sweet potatoes and red onions*

*Spiced tahini dressing*

[*https://plants-rule.com/quinoa-kale-buddha-bowl-with-crunchy-chickpeas-and-spiced-tahini-dressing/*](https://plants-rule.com/quinoa-kale-buddha-bowl-with-crunchy-chickpeas-and-spiced-tahini-dressing/)

### Chili and Stew Options

Hearty Red Turkey Chili

*Olive oil, onion, garlic, red bell pepper, ground turkey breast, chili powder, cumin, oregano, cayenne, fire-roasted tomatoes, chicken broth, kidney beans, corn*

Beyond Beef Classic Chili

 *Beyond beef, onion, olive oil, chili powder, cumin, tomato paste, fire-roasted tomatoes, kidney beans*

Sweet Potato Chipotle Chili

 *Onion, green bell pepper, sweet potato, tomato paste, chili powder, chipotle, cider vinegar, garlic*

White Poblano Turkey Chili

*Onions, ground turkey, Poblano peppers, navy beans, garlic, cumin, coriander, Mexican oregano, vegetable stock*

Creamy White Chicken Chili – pureed cannellini beans help make this creamy and keep it healthy!

*Onion, garlic, chicken broth, roasted green chilies, cumin, paprika, oregano, coriander, corn, cannellini beans, roasted chicken, lime*

Southwest Corn Chowder – it’s almost chili 😊

*Onion, garlic, poblano pepper, red bell pepper, Yukon potatoes, sweet corn, cumin, coriander, turmeric, chili powder, garlic powder, oregano, almond milk, vegetable broth, black beans, lime juice*

 *Optional: Add roasted chicken breast*

Emeril’s Cuban Black Bean Soup

*Onion, red bell pepper, green bell pepper, jalapeno, fire-roasted tomatoes, cumin, Mexican oregano, smoked paprika, garlic, bay leaf, black beans*

Peruvian Quinoa Vegetable Stew

 *Red potatoes, corn, bell pepper, onion, paprika, coriander, cumin, oregano, garlic, quinoa, cilantro*

Spicy Zucchini Poblano Black Bean Corn Soup

*Vegetable stock, potato, onion, poblano, celery, garlic, corn, black beans, zucchini, thyme, Sherry vinegar*

[*https://www.forksoverknives.com/recipes/vegan-soups-stews/zucchini-corn-black-bean-soup/*](https://www.forksoverknives.com/recipes/vegan-soups-stews/zucchini-corn-black-bean-soup/)

**Make it a Meal!**

Choose 2 sides

* Cornbread Muffins
* Grilled Corn Salad
* Guacamole
* Baked Potatoes
* Roasted Sweet Potatoes
* Light Coleslaw
* Cooked Macaroni
* Sweet Potato Fries
* Garden Salad
* Steamed Rice

AND/OR 3 toppings:

* Cheese
* Sour cream
* Pickled jalapeno
* Avocado
* Scallions
* Roasted corn
* Minced onion
* Tortilla chips
* Greek yogurt
* Baked tortilla strips

### Veggie Sides

\*Swap these out for any of the sides in an entrée. Or, add as an “extra”

Smokey Roasted Cauliflower

Balsamic-Roasted Brussels

Herb Roasted Rainbow Carrots

Sesame Roasted Rainbow Carrots

Steamed Broccoli and Carrots

Garlic Greens

Charred Broccoli with Roasted Garlic

Steamed Green Beans with Toasted Almonds

Grilled Asparagus

Sweet Heat Tomato Jam

Baked Sweet Potato Fries

Creole Sweet Potato Wedges with Creole Hummus

Irish Colcannon: Mashed Potatoes with Kale

Roasted Yams and Purple Potatoes

Chili-Roasted Potato Wedges

Rosemary Garlic Roasted Fingerling Potatoes

French Potato Lyonnaise: Red potatoes and onions cooked to golden perfection

Greek Roasted Potatoes

Roasted Italian Herb Red Potato Wedges

Grilled Vegetables (selection of zucchini, summer squash, sweet onion, Portobello mushrooms)

Shredded Brussels” Very Veggie” Pilaf

Lemon Parsley Cauliflower “Rice”

Braised Red Cabbage and Apples

Rosemary-Garlic Roasted Root Vegetables (mix of turnips, carrots, potatoes, rutabaga, onion)

Sun-Dried Tomato Pesto

Quick-Pickle Carrot Slaw

Asian Cabbage Salad with Peanut Dressing

Kale Avocado Salad

Traditional Corn Succotash: Corn, baby lima beans, shallot, bell pepper, thyme

Asian Corn Succotash with Shiitakes and Sugar Snap Peas

### Grain Sides

\*Swap these out for any of the sides in an entrée. Or, add as an “extra”

Mexican Quinoa with tomato, onion, garlic, paprika, peas, and corn

Saffron Brown Rice with Pistachios, Currants, and Herbs

Wild Rice Pilaf with carrot, celery, thyme, dates, and walnuts

Quinoa Tabouleh with parsley, tomato, shallot, cumin, garlic, and Sherry vinegar

# Extras –3-6 servings

## Salads

**Grilled Asparagus Quinoa Corn Salad – summer in a salad!**

*Grilled Asparagus, Corn, Quinoa*

*Charred Pepper Dressing: Grilled belle peppers, balsamic*

*Baby greens or Microgreens*

**Curry Cashew Chickpea Quinoa Salad**

Salad: Quinoa, chickpeas, green peas, ginger, curry powder, turmeric, garlic, red bell pepper, shredded carrot, dried cranberries, red onion, cilantro, parsley

 Maple Cayenne Toasted Cashews: *Cashews, maple syrup, cayenne, salt*

**Asparagus Orzo Salad**

*Orzo pasta, shallot, garlic, asparagus, snap peas, olive oil, lemon, dill, DF Feta*

*\*\* Option: Try an alternative pasta: chickpea or lentil orzo*

**Protein-Packed Edamame Lentil Salad**

 *Dressing: Rice vinegar, tamari, sriracha, ginger, garlic powder, olive oil, sesame oil, lime juice*

 *Salad: Cucumber, edamame, red bell pepper, brown lentils, green onion, cilantro, sesame seeds*

**Health-ified Midwestern Broccoli Salad**

*Broccoli, red grapes, red onion, raisins, sunflower seeds*

 *Dressing: DF Greek yogurt, Dijon, maple syrup, apple cider vinegar, lemon juice, salt, pepper*

**Broccoli Protein Pasta Salad with Tomato Vinaigrette**

*Tomato Basil Vinaigrette: Tomato paste, red wine vinegar, dried basil, garlic, sugar, salt, olive oil*

*Salad: Ancient Grains protein Rotini, broccoli, red onion, sunflower seeds, DF Feta*

**Fresh Cowboy Caviar Bean Salad**

*Salad: Black beans, black-eyed peas, bell pepper, tomato, serrano, red onion, cilantro*

 *Dressing: Olive oil, lime juice, balsamic, chili powder, cumin, salt, sugar*

Perfect Fall Salad

 *Market greens, roasted Brussels sprouts, Delicata squash, dried cranberries, toasted pecans*

 *Cider Vinegar Dressing: Cashews, apple cider vinegar, honey mustard, honey, shallot*

<https://plants-rule.com/perfect-delicata-squash-salad-with-creamy-apple-cider-dressing/>

Super Grain Cherries and Chard

 Gluten-Free Super grain blend of quinoa, buckwheat, and millet

 Braised red chard, dried cherries

Pomegranate molasses Balsamic dressing

Vegan Hearts of Palm Ceviche Salad

*Hearts of palm, cherry tomatoes, red onion, serrano chili, cilantro, avocado, lemon, lime*

 *Optional (for serving): Tortilla chips, plantain, chips, or lettuce cups*

Street Corn Pasta Salad (Ambitious Kitchen)

*Charred corn, chili powder, cumin, whole grain pasta, red bell pepper, avocado, goat cheese, red onion with Cilantro Pesto (cilantro, cashews, lime, garlic, jalapeno)*

Grilled Corn Salad with Avocado, Goat Cheese & Hot Honey Vinaigrette

 *Grilled corn, tomatoes, avocado, goat cheese, basil*

 *Hot Honey Vinaigrette: Olive oil, honey, cayenne, lime juice, Dijon, garlic*

Mexican Corn and Zucchini Bean Salad

 *Roasted corn, zucchini, chili powder, chipotle, tahini, lime, cannellini beans*

Shaved Brussels Sprouts Salad

 *Brussels Sprouts Salad: Brussels Sprouts, apple, shallot, olive oil, lemon juice, honey*

 *Toasted hazelnuts and Pecorino cheese*

Jennifer Aniston Quinoa Salad (DF)

*Quinoa, cucumber, parsley, mint, red onion, pistachios, chickpeas, lemon juice, olive oil, feta (DF or regular)*

Southwest Quinoa Salad

 *Quinoa, black beans, corn, bell pepper, tomatoes, scallions, cilantro, serrano pepper*

 *Dressing: Lime juice, olive oil, garlic, salt, pepper, chili powder, cumin*

Kale, Edamame, Quinoa Salad with Lemon Basil Vinaigrette

*Quinoa, edamame, lacinato kale, red onion, mango, avocado*

*Lemon Basil Vinaigrette: Lemon juice, olive oil, garlic, Dijon, honey, basil*

Crunchy Cashew Thai Quinoa Salad

*Quinoa, shredded cabbage, red bell pepper, red onion, shredded carrots, cilantro, green onion, roasted cashews*

 *Peanut Dressing: Peanut Butter, ginger, tamari, maple syrup, rice vinegar, sesame oil*

Brussels, Sweet Potato and Sunflower Salad

*Salad: Roasted sweet potatoes, shredded Brussels Sprouts, Lacinato kale, cucumber, sunflower seeds, cannellini beans*

*Creamy Sunflower Dressing: Sunflower seed butter, garlic, curry powder, cumin, DF yogurt*

Mexican Corn and Zucchini Bean Salad

 *Roasted corn, zucchini, chili powder, chipotle, tahini, lime, cannellini beans*

Rainbow Carrot Salad with Walnut Fig Balsamic Dressing

Oil-Free Fig Walnut Balsamic Dressing: *Walnuts, Calimyrna figs, balsamic vinegar*

Salad: *Baby Greens, toasted walnuts, rainbow carrots*

Lemony Roasted Broccoli, Brussels, and Lentil Salad

*Roasted broccoli and Brussels sprouts, black lentils, baby greens*

*Lemon Dressing: Olive oil, lemon juice, honey, Dijon, garlic*

Italian 3-Bean Salad

*Green Beans, kidney beans, chickpeas, parsley, balsamic dressing*

The BEST Italian Oil-Free Pasta Salad

 *Chickpea pasta, grape tomatoes, cucumber, red onion, olives, parsley, green bell pepper*

*Oil-Free Dressing: Red wine vinegar, lemon juice, nutritional yeast, garlic, Dijon mustard, dried Italian herbs (marjoram, oregano, thyme, basil)*

Tahini and Soba Noodle Salad

 Soba Noodle Salad: *Soba noodles, red bell pepper, carrot, red cabbage, edamame, cilantro*

Tahini Dressing: *Tamari, maple syrup, rice vinegar, toasted sesame oil, ginger, garlic, tahini*

Cold Peanut Noodle Salad

*Chickpea spaghetti, bell pepper, carrots, scallions, roasted peanuts, sesame seeds, Peanut Dressing (peanut butter, sriracha, rice vinegar, garlic)*

African Grain Salad

*Ancient Kamut or Fonio (depends on availability), red onion, cucumber, cherry tomatoes, parsley, mango, roasted cashews*

[*https://plants-rule.com/west-african-vegan-fonio-salad-with-mango-and-cashews/*](https://plants-rule.com/west-african-vegan-fonio-salad-with-mango-and-cashews/)

Middle Eastern Chicken and Rice Salad

 *Brown rice, lentils, toasted almonds, grilled chicken breast, peas, broccoli, scallions*

Chicken Salad with Fennel and Dates

*Shredded chicken breast, fennel, shallot, lemon juice, salt, pepper, olive oil, Deglet Noor dates,, fennel seeds, red pepper flakes*

Black Bean Fiesta Salad

*Black beans, roasted corn, bell pepper, cilantro, lime, tomatoes, lime, avocado*

<https://plants-rule.com/easy-fresh-oil-free-black-bean-corn-fiesta-salad/>

Smoky Broccoli Cabbage Crunch Salad

*Shaved Broccoli, Shredded Red Cabbage, Currants, Apple, Pecans*

*Smoky Sweet Honey Mustard Dressing: Apple, Pecans, honey mustard, smoked paprika*

[*https://plants-rule.com/smoky-broccoli-pecan-crunch-salad/*](https://plants-rule.com/smoky-broccoli-pecan-crunch-salad/)

Asian Cabbage Crunch Salad

Asian Peanut Dressing: *Peanuts, rice vinegar, tamari, dates, ginger, red chili paste*

Cabbage Salad: *Red cabbage, Lacinato kale, carrots, bell pepper, scallions, oranges, peanuts*

Kale Waldorf Salad

Salad Mix: *Lacinato Kale, celery, sweet apple, walnuts, raisins*

 Waldorf Dressing: *Celery, apple, walnuts, raisins, Dijon mustard, champagne vinegar*

<https://plants-rule.com/lacinato-kale-waldorf-salad-with-apples-walnuts-raisins/>

Southwest Summer Salad with Chipotle Dressing

*Market lettuce*, S*weet corn, bell pepper, cherry tomatoes, avocado, toasted pumpkin seeds*

Chipotle Cashew Dressing: *Raw cashews, lime juice, dates, chipotle powder*

[*https://plants-rule.com/raw-southwest-corn-salad-with-oil-free-chipotle-cashew-dressing/*](https://plants-rule.com/raw-southwest-corn-salad-with-oil-free-chipotle-cashew-dressing/)

***Make it a Meal: Combine a Soup and Salad to Create your own entrée***

## Wraps and Sandwiches (also available as lettuce cups or sandwiches)

Curry Tofu Salad

*"Chicken" Style Tofu (Tofu, olive oil, cornstarch, salt), mayo, curry powder, mango chutney, salt, pepper, celery, scallions, raisins, roasted cashews, cilantro*

Cauliflower Quinoa Wrap

*Wraps: Quinoa, fire-roasted corn, Anaheim chili, roasted red peppers, avocado, mixed greens, Balsamic*

Southwest Quinoa Wraps

*Quinoa, black beans, corn, bell pepper, tomatoes, scallions, cilantro, serrano pepper, lime juice, olive oil, garlic, chili powder, cumin*

Grilled Chicken ALT Wraps

*Wraps: Grilled chicken breast, avocado, crisp lettuce, tomato, honey mustard, whole wheat tortilla*

Buffalo Chickpea Salad Wraps

*Wraps: Chickpeas, celery, carrot, cilantro, red onion, vegan yogurt, Buffalo sauce, spinach, avocado*

Chickpea Tu-No Salad Sandwiches

 *Chickpeas, tahini, Dijon, maple syrup, red onion, celery, pickle relish, salt, pepper*

Mediterranean Chickpea Salad Wraps

 *Wraps: Chickpeas, bell pepper, red onion, olives, capers, tahini, Dijon mustard, basil, lemon*

Curry Chickpea Un-Chicken Salad Wraps

 *Wraps*: *Chickpeas, celery, golden raisins, tahini, whole grain mustard, curry powder, cashews*

**Make it a Meal:** *Add your choice of any two sides:*

* Smokey Roasted Cauliflower
* Balsamic-Roasted Brussels
* Herb Roasted Rainbow Carrots
* Steamed Broccoli and Carrots
* Garlic Greens
* Grilled Asparagus
* Sweet Heat Tomato Jam
* Baked Sweet Potato Fries
* Roasted Yams and Purple Potatoes
* Chili-Roasted Potato Wedges
* Rosemary Garlic Roasted Fingerling Potatoes
* Grilled Vegetables (selection of zucchini, summer squash, sweet onion, Portobello mushrooms)
* Steamed Green Beans with Toasted Almonds
* Shredded Brussels” Very Veggie” Pilaf
* Irish Colcannon: Mashed Potatoes with Kale
* Charred Broccoli with Roasted Garlic
* Sesame Roasted Rainbow Carrots
* Lemon Parsley Cauliflower “Rice”
* Braised Red Cabbage and Apples
* Creole Sweet Potato Wedges with Creole Hummus
* Rosemary-Garlic Roasted Root Vegetables (mix of turnips, carrots, potatoes, rutabaga, onion)
* French Potato Lyonnaise: Red potatoes and onions cooked to golden perfection
* Greek Roasted Potatoes
* Traditional Corn Succotash: Corn, baby lima beans, shallot, bell pepper, thyme
* Asian Corn Succotash with Shiitakes and Sugar Snap Peas
* Mexican Quinoa with tomato, onion, garlic, paprika, peas, and corn
* Saffron Brown Rice with Pistachios, Currants, and Herbs
* Wild Rice Pilaf with carrot, celery, thyme, dates, and walnuts
* Quinoa Tabouleh with parsley, tomato, shallot, cumin, garlic, and Sherry vinegar
* Roasted Italian Herb Red Potato Wedges
* Sun-Dried Tomato Pesto
* Quick-Pickle Carrot Slaw
* Asian Cabbage Salad with Peanut Dressing
* Baby Kale Avocado Salad

## Soups

**Creamy Asparagus Tarragon Soup**

                *Celery, carrot, asparagus, potato, peas, tarragon*

**Spiced North African Carrot Soup**

*Olive oil, carrots, leek, onion, garlic, cumin, coriander, harissa, ginger, vegetable stock, bay leaves, salt, pepper*

**Spicy Poblano Corn Chowder**

*Onion, bell pepper, poblano peppers, garlic, potatoes, vegetable broth, salt, corn, cumin, coriander, oregano, bay leaf, corn, almond milk*

**Creamy Healthy Broccoli Cauliflower Soup**

*Onion, garlic, carrots, broccoli, cauliflower, potato, cannellini beans, vegetable broth, nutritional yeast, salt, pepper*

Emeril’s Cuban Black Bean Soup

*Onion, red bell pepper, green bell pepper, jalapeno, fire-roasted tomatoes, cumin, Mexican oregano, smoked paprika, garlic, bay leaf, black beans*

“Winter’s Remedy” Cabbage Bean Soup

*Carrot, onion, green bell pepper, cabbage, red kidney beans, tomato, thyme, bay, garlic, vegetable stock*

Simply Delicious Tomato Soup

*Olive oil, thyme, onion, garlic, tomato paste, San Marzano tomatoes, sugar, plant-based cream (DF)*

Lablabi (Tunisian Chickpea Stew)

 *Chickpeas, olive oil, onion, garlic, cumin, coriander, paprika, harissa, parsley, green onions, lemon*

Creamy Potato Leek Soup

*Russet potato, leeks, vegetable stock, garlic*

Asian Miso Pumpkin Soup

 *Pumpkin, sweet potato, miso paste, ginger, turmeric, tamari, tofu, seaweed*

Loaded Cauliflower Soup

 *Cauliflower, leeks, celery, garlic, vegetable stock, smoked paprika, nutritional yeast*

 With Toppings: Smoky Pistachios (chopped), chives

Cozy Autumn Wild Rice Soup

*Wild rice, vegetable broth, cremini mushrooms, garlic, carrot, celery, sweet potato, onion, bay leaf, Bay seasoning, lacinato kale*

Hearty Irish Barley Stew

    *Chunks of carrot, onion, and celery with garlic, thyme, barley, peas, and vegetable broth*

[*https://plants-rule.com/irish-vegetable-barley-soup/*](https://plants-rule.com/irish-vegetable-barley-soup/)

Italian Hearty Minestrone Soup

 *Swiss chard, carrot, onion, garlic, tomatoes, basil, thyme, red kidney beans, chickpea pasta (gf)*

[*https://plants-rule.com/italian-winter-minestrone-soup/*](https://plants-rule.com/italian-winter-minestrone-soup/)

Hearty Italian Faro Vegetable Soup

*Parsnip, onion, celery root, zucchini, peas, carrots, kidney beans, faro, tomato, garlic*

[*https://plants-rule.com/farro-italian-vegetable-soup/*](https://plants-rule.com/farro-italian-vegetable-soup/)

Middle Eastern Yellow Lentil Soup

*Split yellow lentils, onion, carrot, vegetable stock, paprika, cumin, Turkish Bebir chili, turmeric, cayenne*

Spicy Mexican Tortilla Soup with Hominy

Tortilla Soup: *Onion, jalapeno, fire-roasted tomatoes, hominy, cilantro, lime, garlic, cumin*

*With: Baked tortilla strips, lime wedges, avocado*

[*https://plants-rule.com/vegan-tortilla-soup-with-hominy/*](https://plants-rule.com/vegan-tortilla-soup-with-hominy/)

Chickpea Vegetable Chowder

 *Onion, celery, garlic, potatoes, carrots, oregano, thyme, chickpeas, lemon, parsley, vegetable stock*

Peruvian Vegetable Quinoa Stew

*Onion, bell pepper, paprika, coriander, cumin, Peruvian oregano, garlic, tomatoes, potatoes, corn, quinoa*

<https://plants-rule.com/peruvian-quinoa-vegetable-stew/>

West African Sweet Potato Peanut Butter Curry

 West African Curry: *Onion, bell pepper, sweet potato, ginger, curry powder, collards, peanut butter*

<https://plants-rule.com/african-sweet-potato-peanut-butter-curry-soup/>

Cavolo Nero: Kale White Bean Stew (GF, V)

*Cannellini beans, onion, garlic, rosemary, bay, red chili flake, basil, vegetable stock, kale, diced tomato*

<https://plants-rule.com/cavolo-nero-kale-and-white-bean-soup/>

Mushroom Barley Leek Soup

*Mushrooms, leek, carrot, sage, thyme, bay leaf, barley, vegetable stock*

<https://plants-rule.com/mushroom-leek-barley-soup/>

## Breakfast

### Oats and Parfaits

Overnight Oats Variations:

*Classic: Oats, chia seeds, banana, vanilla, cinnamon*

Apple Cinnamon

Banana Walnut

Almond Joy

PB and J

\*\* All are served with fresh fruit topping

Steel Cut Oatmeal Flavors:

**Pumpkin Spice:** *Steel cut oats, pumpkin puree, dates, almon milk, Pumpkin Pie Spice (cinnamon, nutmeg, clove), salt + Toasted pecans, for topping*

**Apple Cinnamon**

Carrot Cake

Peanut Butter Banana

Wild Blueberry with Pecans

Yogurt and Chia Parfaits:

Choose: Dairy yogurt, DF plant-based yogurt, or chia yogurt

Choose topping: Granola or toasted nuts (almonds, pecans, walnuts, or coconut flake)

Choose Flavor:

Vanilla Baked Pear

Baked Cinnamon Apple

Sweet Peach

Cherry Chia Almond Parfait: <https://plants-rule.com/cherry-chia-pudding-almond-parfait/>

Mango Tropical Parfait

### Baked Oatmeal:

**Carrot Cake Baked Oatmeal Bars (GF, V)**

*Flaxseed meal, oats, grated carrot, coconut, pecans, raisins, cinnamon, salt, almond milk, maple syrup*

Apple Cinnamon Baked Oatmeal: <https://plants-rule.com/easy-apple-cinnamon-baked-oatmeal-2/>

Lemon Blueberry Oatmeal with poppy seeds

Blueberry Banana Baked Oatmeal: <https://www.theroastedroot.net/blueberry-banana-baked-oatmeal-cups/>

### Smoothie Inspirations

\*all are 100% plant-based, dairy-free

Carrot Cake: *Carrots, oats, banana, cashew butter, cinnamon, ginger, maple syrup*

Blender Girl’s Detox Green: *Green apple, baby spinach, avocado, ginger, ground flaxmeal*

Blueberry Spinach: *Blueberries, banana, baby spinach, maple syrup, oat bran*

Papaya Banana Tropical: *Papaya, banana, shredded carrot, vanilla protein powder*

Green Monster: *Banana, berries, flaxseed meal, almond butter, spinach*

Ginger Mango Berry: *Mango, Raspberries, lime juice, ginger, coconut, hemp seeds*

Peach Cobbler: *Dates, oats, cashews, peaches, cauliflower, vanilla, cinnamon, psyllium husk*

 Chocolate Banana: *Banana, strawberries, cocoa, almond butter, flaxmeal, almond milk, stevia, spinach*

 Pina Colada: *Pineapple, banana, coconut, dates*

### Sweet Breakfasts

**Dreamy Zucchini Breakfast Cookies (Forks Over Knives, V, GF)**

 *Rolled oats, shredded zucchini, almond butter, flaxseed, cinnamon, maple syrup, baking soda, vanilla, salt*

Pumpkin Seed Millet Granola (GF, V)

*Oats, millet, almonds, flax, dates, cinnamon, salt, pumpkin seeds, raisins*

[*https://plants-rule.com/pumpkin-seed-millet-gluten-free-granola/*](https://plants-rule.com/pumpkin-seed-millet-gluten-free-granola/)

Quinoa Breakfast Cookies

*Oats, whole wheat flour, baking powder, baking soda, cinnamon, salt, quinoa, shredded carrots, flaxseed, almond butter, coconut oil, maple syrup, chocolate chips, pumpkin seeds, dried cranberries*

Fruit-Sweetened Pear Oatmeal Bars

*Pears, applesauce, sunflower butter, vanilla, cinnamon, ginger, cloves, salt, oat flour, rolled oats, baking powder*

Berry Good Stuffed Sweet Potatoes

*Sweet potatoes stuffed with blackberries, wild blueberries, cinnamon*

Oatmeal Raisin Breakfast Cookies

 *Oats, raisins, banana, applesauce, cinnamon, baking powder*

[*https://plants-rule.com/oatmeal-raisin-cookies-vegan-gluten-free-oil-free-no-sugar-added-recipe/*](https://plants-rule.com/oatmeal-raisin-cookies-vegan-gluten-free-oil-free-no-sugar-added-recipe/)

Muesli Breakfast Cookies (GF, V)

*Oats, salt, cinnamon, almond butter, dates, pumpkin puree, banana, Muesli blend (coconut, cranberries, raisins, pumpkin seeds)*

[*https://plants-rule.com/gluten-free-muesli-breakfast-cookies-oil-free-no-refined-sugar-or-syrup/*](https://plants-rule.com/gluten-free-muesli-breakfast-cookies-oil-free-no-refined-sugar-or-syrup/)

### Savory Breakfasts

**Vegan Hash Brown Casserole**

 Casserole: *Hash browns, onion, red bell pepper, spinach, nutritional yeast, Italian seasoning*

 *Vegan Cheeze Sauce: Potato, carrot, onion, cashews, nutritional yeast, lemon ,garlic, paprika*

**Starbucks Spinach Feta Wraps**

*Egg whites, spinach, sun-dried tomato, Feta cheese + whole wheat tortilla wrap*

Garden Vegetable Tofu Scramble

*Tofu, zucchini, broccoli, bell pepper, sweet onion, garlic, thyme, basil*

[*https://plants-rule.com/oil-free-garden-vegetable-tofu-breakfast-scramble/*](https://plants-rule.com/oil-free-garden-vegetable-tofu-breakfast-scramble/)

Roasted Southwestern Sweet Potato Hash

*Sweet Potato, black beans, onions, bell pepper with Mexican Spices: Cumin, coriander, paprika, garli*

Smoky Collard Breakfast Hash \* Also delicious plant-base

*Carrot, zucchini, turkey bacon (sugar-free, nitrate-free), collards, thyme, Roasted Sweet Potatoes*

Veggie Packed Freezer-Friendly Breakfast Burritos

*Onion, garlic, bell pepper, green bell pepper, cumin, chili powder, Cholula hot sauce, avocado, eggs, whole wheat tortillas (optional: add black beans)*

### Frittatas

*\*\*Choose: whole eggs, egg whites, combo (whole/whites), tofu, or chickpea flour*

*\*\* Can add feta, goat cheese, parmesan, or vegan cheese to any*

Asparagus Mushroom with Goat Cheese

 Sun-Dried Tomato and Basil

 Zucchini and Bell Pepper with thyme and Feta

 Broccoli Onion with chives

Cauliflower with Scallions and thyme

 Green Bell pepper, turkey bacon, and onion “Denver-style”

## Baked Goods, Sweets, and Treats

### Breads and Muffins

**Low-Sugar Peach Muffins (Vegan)**

*Sugar, peaches, flaxseed, vanilla, lemon, almond milk, whole wheat pastry flour, AP flour, baking powder, baking soda, salt, chopped pecans (optional)*

**Fluffy Healthy Lemon Blueberry Muffins (Vegan!)**

 *Almond milk, lemon, whole wheat pastry flour, AP flour, sugar, baking powder, baking soda, salt, bluberries*

The BEST Pumpkin Spice Muffins

*Spelt flour, cornstarch, baking soda, salt, pumpkin pie spice blend, maple syrup, pumpkin puree, coconut milk, vanilla, pumpkin seeds*

Carrot Spice Muffins (GF)

*Oat flour, oat milk, dates, raisins, banana, vanilla, baking powder, cinnamon, baking soda, nutmeg, cloves, carrots*

[*https://plants-rule.com/gluten-free-carrot-pecan-spice-muffins/*](https://plants-rule.com/gluten-free-carrot-pecan-spice-muffins/)

Zucchini Carrot Muffins (Vegan)

*Shredded zucchini and carrots, spelt flour, oats, cinnamon, flaxseed, baking powder, baking soda, salt, applesauce, maple syrup, vanilla (optional add-ins: dried cranberries, raisins or chocolate chips)*

Double Chocolate Zucchini Muffins

*Whole wheat flour, cocoa powder, baking soda, salt, coconut oil, maple syrup, vanilla, flax meal, zucchini, applesauce, banana, almond milk, DF chocolate chips*

Pumpkin Coffee Cake (V)

*All-purpose flour, baking powder, salt, pumpkin pie spice, sugar, pumpkin puree, applesauce, almond milk, vanilla, Streusel topping (vegan butter, flour, brown sugar, cinnamon, pumpkin pie spice)*

Pear Spice Cake (V, WFPB)

*Pears, whole wheat pastry flour, cornstarch, baking soda, ginger, salt, cinnamon, cloves, applesauce, molasses, maple syrup, vanilla, pecans*

Banana Spelt Walnut Muffins (V)

*Brown rice flour, spelt flour, walnuts, banana, applesauce, dates, almond milk, vanilla, baking powder, baking soda, salt, cinnamon*

[*https://plants-rule.com/spelt-banana-walnut-bread-oil-free-no-refined-sugar-or-syrup/*](https://plants-rule.com/spelt-banana-walnut-bread-oil-free-no-refined-sugar-or-syrup/)

Wild Blueberry Oat Muffins (GF)

*Oat flour, baking powder, salt, dates, almond milk, flax vanilla, applesauce, wild blueberries*

[*https://plants-rule.com/whole-grain-blueberry-oat-muffins-oil-free-vegan-whole-grain-no-added-syrup-or-sugar/*](https://plants-rule.com/whole-grain-blueberry-oat-muffins-oil-free-vegan-whole-grain-no-added-syrup-or-sugar/)

Chocolatey Coconut Secret-Spinach Muffins

*Spelt flour, brown rice flour, cocoa powder, espresso powder, baking powder, baking soda, applesauce, dates, almond milk, vanilla extract, baby spinach, bananas, coconut flake*

[*https://plants-rule.com/chocolate-secret-spinach-oil-free-plant-based-muffins/*](https://plants-rule.com/chocolate-secret-spinach-oil-free-plant-based-muffins/)

Chunky Monkey Banana Chocolate Chip Mini Muffins

*Whole wheat pastry flour, all purpose flour, baking soda, baking powder, cinnamon, salt, flax, dates, banana, vegan chocolate chips*

[*https://plants-rule.com/banana-chocolate-chip-chunky-monkey-mini-muffins-gluten-free-vegan/*](https://plants-rule.com/banana-chocolate-chip-chunky-monkey-mini-muffins-gluten-free-vegan/)

### Brownies and Bars

**Flourless Chocolate Chip Chickpea Blondies with Sea Salt (GF, Vegan)**

 *Chickpeas, peanut butter, maple syrup, vanilla, salt, baking powder, baking soda, chocolate chips*

**Vegan Aquafaba Peanut Butter Blondies**

*Aquafaba (the liquid from canned chickpeas), sugar, peanut butter, brown sugar, vanilla, baking powder, salt, whole wheat pastry flour, chocolate chips*

**Strawberry Crumble Bars (GF, V)**

*Gluten-Free Crust: Almond flour, oat flour, rolled oats, salt, vegan butter, maple syrup, vanilla*

 *Strawberry Filling: Strawberries, maple syrup, cornstarch, lemon juice, almond extract*

**Fudgy Chocolate Brownies (Forks Over Knives Recipe)**

*Maple syrup, applesauce, almond butter, flaxseed meal, vanilla, whole wheat pastry flour, walnuts, cocoa powder, baking powder, baking soda, salt + Sun Warrior chocolate protein powder*

Double-Layered Pumpkin Fudge Brownies

*Vegan butter, brown sugar, pumpkin puree, vanilla, flour, baking powder, salt, pumpkin pie spice (cinnamon, nutmeg, clove), cocoa powder, chocolate chips*

Sweet Potato Brownies (Vegan, Gluten-Free, Oil-Free)

*Sweet potato, almond flour, oat flour, cocoa powder, coconut sugar, chocolate chips (DF), baking powder*

Fruit-Sweetened Pear Oatmeal Bars

*Pears, applesauce, sunflower butter, vanilla, cinnamon, ginger, cloves, salt, oat flour, rolled oats, baking powder*

Yummy Brownie Bites (WFPB)

*Dates, maple syrup, almond butter, vanilla, almond flour, oat flour, cocoa powder, baking powder, salt, dairy-free chocolate chips*

Oat-Rageously Healthy Brownies (Forks Over Knives Recipe)

*Black beans, dates, cocoa powder, oats, baking powder, baking soda, pistachios, vegan chocolate chips, dried cherries*

[*https://www.forksoverknives.com/recipes/vegan-desserts/outrageously-healthy-brownies/*](https://www.forksoverknives.com/recipes/vegan-desserts/outrageously-healthy-brownies/)

Salted Tahini Caramel Millionaire Bars (Grain-free, Vegan)

*Shortbread Base (Almond flour, coconut oil, maple syrup, vanilla, salt), Tahini Caramel (tahini, maple syrup, coconut oil, vanilla, Chocolate Layer (dairy-free chocolate, coconut oil)*

Mexican-Spiced Fudgy Black Bean Brownies

*Black beans, cocoa, coconut sugar, applesauce, flax, vanilla, baking powder, chocolate chips, chipotle flake, cinnamon*

[*https://plants-rule.com/spiced-up-mexican-date-and-black-bean-vegan-brownies/*](https://plants-rule.com/spiced-up-mexican-date-and-black-bean-vegan-brownies/)

Black Forest Brownies

*Dates, cocoa, vanilla, cinnamon, black beans, flax, applesauce, dried cherries, coconut flake, whole wheat pastry flour, salt, baking soda, almond milk*

[*https://plants-rule.com/black-forest-brownies-with-cherries-and-coconut-oil-free-date-sweetened/*](https://plants-rule.com/black-forest-brownies-with-cherries-and-coconut-oil-free-date-sweetened/)

### Cookies and Crisps

**Vegan Peanut Butter Cookies**

*Vegan butter, peanut butter, sugar, brown sugar, almond milk, vanilla, AP flour, whole wheat pastry flour, baking soda, baking powder, cornstarch, salt*

**“I Can’t Believe These are Vegan” Chocolate Chip Cookies**

*Vegan butter, brown sugar, flaxseed meal, almond milk, vanilla, AP flour, whole wheat pastry flour, baking soda, baking powder, cornstarch, chocolate chips*

**Peach, Plum, Wild Blueberry Oat Crisp**

 *Peaches, plums, wild blueberries, vanilla, tapioca starch, Oat Crisp (dates, cashews, oats, oat flour, salt)*

*\* Fruit selection may depend on market availability*

**Vegan Lemon Crinkle Cookies**

*Vegan butter, sugar, vanilla extract, lemon extract, fresh lemon, AP flour, whole wheat pastry flour, cornstarch, baking soda, baking powder, salt*

Pumpkin Chocolate Chip Cookies (V)

*Coconut oil, brown sugar, vanilla, pumpkin, all-purpose flour, baking soda, salt, pumpkin pie spice, vegan chocolate chips*

Molasses Ginger Cookies

*Flour, whole wheat pastry flour, baking soda, baking powder, salt, ginger, cinnamon, allspice, vegan butter, brown sugar, sugar, molasses, flax*

Quinoa Breakfast Cookies

*Oats, whole wheat flour, baking powder, baking soda, cinnamon, salt, quinoa, shredded carrots, flaxseed, almond butter, coconut oil, maple syrup, chocolate chips, pumpkin seeds, dried cranberries*

Red Velvet Crinkle Cookies (Vegan)

*Vegan butter, sugar, flaxmeal, almond milk, vanilla, AP flour, cocoa powder, baking powder, powdered sugar*

Oatmeal Chocolate Chip Protein Cookies

*Oats, oat flour, baking powder, cinnamon, vanilla protein powder, eggs, coconut oil, honey, vanilla, chocolate chips, coconut, pumpkin seeds*

Ultimate Vegan Double Chocolate Cookies

*Vegan butter, sugar, vanilla, flaxseed meal, almond milk, AP flour, whole wheat pastry flour, cocoa powder, baking soda, salt, DF chocolate chips,*

Baked Cinnamon Apple Crisp (GF, V)

*Apples baked with cinnamon an Oat Crisp Topping (oats, cinnamon, brown rice flour, pecans)*

Cowgirl (or boy) Cookies (GF, V)

*Flaxseed meal, coconut oil, brown sugar, vanilla, almond flour, GF flour, baking soda, walnuts, salt, oats, chocolate chips, coconut flake*

Peanut Butter Banana Chocolate Chip Cookies (WFPB)

*Dates, almond milk, peanut butter, vanilla, oat flour, baking powder, salt, chocolate chips*

[*https://plants-rule.com/peanut-butter-chocolate-chip-cookies-gluten-free-oil-free-plant-based-recipe/*](https://plants-rule.com/peanut-butter-chocolate-chip-cookies-gluten-free-oil-free-plant-based-recipe/)

### Energy Bars and Bites

**Homemade Cocoa Peanut Butter Protein Bars (Dreena Burton)**

*Dates, pumpkin seeds, oats, cocoa powder, peanut butter, peanut butter powder, protein powder, salt, vanilla*

**Cookie Dough Protein Bars**

*Oat flour, vanilla protein powder, salt, baking soda, maple syrup, cashew butter, almond milk, chocolate chips, coconut oil*

Pumpkin Spiced Pecan “Power” Bars:

 *Pumpkin seeds, pecans, dates, vanilla extract, pumpkin pie spice (clove, ginger, cinnamon)*

Cinnamon Raisin Protein Bites

*Rolled Oats, dates, applesauce, coconut flake, cinnamon, vanilla, raisins, vanilla protein powder*

### Pudding

\*\* All are served with fresh fruit topping

**Chocolate Tofu Pudding**

*Silken tofu, cocoa powder, maple syrup, vanilla, salt*

Chocolate Avocado Pudding

 *Avocado, cocoa powder, dates, vanilla, salt*

Tofu Mango Lemon Curd with Berries

*Silken tofu, dried mango, lemon, arrowroot*

# Specialty Desserts – all are 100% vegan

 Spiced Carrot Cake with Cashew Cream Cheese Frosting

Spiced Pear Cake

 Chocolate Mousse Pie

 Strawberry Cupcakes with Strawberry Frosting

Vanilla Cheesecake with Raspberry Compote

Chocolate Whoopie Pies with Strawberry Cream Filling

Red Velvet Cake with Cream Cheese Frosting

Lemon Cake with Vanilla Frosting

Raspberry Almond Torte

Raw Apple Cinnamon Cake with Cashew “Frosting”

Ultimate Flourless Chocolate Cake with fresh berry compote (GF)

Applesauce Cake with Cream Cheese Frosting (Love and Lemons Recipe)

# Pricing Guidelines

$200: 1 entrée + sides

$230: 2 entrees + sides (Ideal for 1-2 people)

$280: 3 entrees + sides (Ideal for 2-3 people)

$330: 4 entrees + sides (Ideal for 4-5 people)

$25 : Extra items (breakfast, muffins, desserts, soups, salads, snacks, and extra portions on entrees)

FREE: Fresh Fruit - Complimentary of the Chef! Healthy Snacking!

$25: Delivery to the Loop, West Chicago, Edgewater and beyond (city)

$50: Delivery to Suburbs

$50: Nutrition Analysis

$80 - $150/person: Private Event Catering

$30: New Client Registration

These are only guidelines and subject to change