



Eat Your Veggies!

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Amanda Swan

Your mom was right when she told you to eat your veggies! Vegetables provide us with the vitamins and minerals that our cells need to function optimally, as well as some protein, fiber, and antioxidants. They are literally nature's medicine!

Some people struggle with how to incorporate more veggies into their diet. There are lots of creative ways to eat your vegetables, and hopefully this guide will help. From Asparagus to Zucchini, there's something here for everyone!

Aim to get two servings of veggies at each meal. If your current diet is very low in veggies, start by aiming for one serving with each meal, and work up from there as you become more comfortable and confident with your veggie prep.

An easy way to sneak in some veggies at breakfast is to make a smoothie. Start with a liquid like water, coconut water, or unsweetened nut milk. Add a high quality protein powder that is low in sugar. Throw in some frozen banana chunks or berries, and a healthy fat like almond butter, coconut butter, or some full fat coconut milk. Finish with some veggies. With a high-powered blender, you won't taste the vegetables, (I promise!) but you'll still get all of the benefits of these wonderful plants.

Here are some veggies that translate well into smoothie-boosters:

- *handful of baby spinach
- *handful of shredded kale
- *frozen cauliflower florets
- *cucumber
- *parsley
- *avocado (1/4 - 1/2) --> frozen chunks are available at Costco and Trader Joes!
- *cooked sweet potato

Bon Appetit!

Amanda

Crispy Brussels Sprouts with Dip

6 ingredients · 35 minutes · 4 servings



Directions

1. Preheat your oven to 425. Line a baking sheet with parchment paper and add the brussels sprouts. Drizzle with the avocado oil and add sea salt and pepper to taste. Toss to combine then bake for 25 minutes.
2. Meanwhile, make the dip by combining the mayonnaise, apple cider vinegar and paprika in a small bowl. Mix well.
3. Remove the brussels sprouts from the oven and serve with dipping sauce on the side. Enjoy!

Notes

Leftovers

Keep leftovers in the fridge in a sealed container up to 3 days.

No Avocado Oil

Use olive oil or coconut oil instead.

Ingredients

2 cups Brussels Sprouts (trimmed and halved)

1 tsp Avocado Oil

Sea Salt & Black Pepper (to taste)

1/4 cup Mayonnaise

1 tsp Apple Cider Vinegar

1/4 tsp Smoked Paprika

Nutrition

Amount per serving

Calories	124	Cholesterol	6mg
Fat	12g	Sodium	99mg
Carbs	4g	Vitamin A	412IU
Fiber	2g	Vitamin C	37mg
Sugar	1g	Calcium	20mg
Protein	2g	Iron	1mg

Savoury Squash

7 ingredients · 35 minutes · 4 servings



Directions

1. Preheat the oven to 400F and line a baking sheet with parchment paper.
2. Add the chopped squash to the baking sheet, drizzle with avocado oil, sea salt and pepper and bake for 22 to 25 minutes, or until tender when pierced with a fork. Add the chopped hazelnuts to the baking sheet at the halfway point.
3. Remove the squash from the oven and transfer to a platter. Garnish with goat cheese and fresh parsley. Serve and enjoy!

Notes

Nut-Free

Omit the hazelnuts and use pumpkin or sunflower seeds instead.

No Parsley

Omit or use another fresh herb of your choice.

No Avocado Oil

Use extra virgin olive oil or melted coconut oil instead.

Ingredients

- 1 Delicata Squash (washed and chopped with skin on)
- 2 cups Butternut Squash (peeled and chopped)
- 1 tsp Avocado Oil
- Sea Salt & Black Pepper (to taste)
- 1/4 cup Hazelnuts (roughly chopped)
- 1/4 cup Goat Cheese (crumbled)
- 1 tbsp Parsley (chopped)

Nutrition

Amount per serving

Calories	148	Cholesterol	3mg
Fat	7g	Sodium	39mg
Carbs	21g	Vitamin A	7917IU
Fiber	4g	Vitamin C	28mg
Sugar	2g	Calcium	83mg
Protein	4g	Iron	2mg

Kale & White Bean Ceasar Salad

9 ingredients · 25 minutes · 3 servings



Directions

1. Cook the bacon in a skillet over medium heat. Once cooked, dice it into small pieces.
2. While the bacon is cooking, make your dressing. Add the hemp seeds, water, nutritional yeast, lemon juice, and garlic to a small blender or food processor. Process until smooth, adding more water to thin if necessary.
3. Place kale in a large salad bowl and pour the dressing over top. Use your hands to massage the dressing into the kale.
4. Add the cooked bacon and white beans to the bowl and toss well. Season with sea salt and black pepper to taste. Divide between bowls and enjoy!

Notes

Vegan and Vegetarian

Omit the bacon, or use coconut bacon.

Leftovers

Keeps well in the fridge for 2 to 3 days.

Ingredients

4 slices Organic Bacon
1/4 cup Hemp Seeds
2 tbsps Water
1 tbsp Nutritional Yeast
1/2 Lemon (juiced)
1 Garlic (clove, peeled)
6 cups Kale Leaves (chopped)
2 cups White Navy Beans (cooked)
Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving

Calories	382	Cholesterol	12mg
Fat	12g	Sodium	352mg
Carbs	46g	Vitamin A	13006IU
Fiber	18g	Vitamin C	23mg
Sugar	1g	Calcium	258mg
Protein	23g	Iron	7mg

Kale Salad with Roasted Red Pepper Dressing

9 ingredients · 15 minutes · 2 servings



Directions

1. To a food processor, add the roasted red pepper, fresh basil, garlic, lemon juice, salt and half of the olive oil. Blend for 15 seconds until mostly smooth. Scrape down the sides of the bowl, then while the food processor is running stream in the remaining olive oil.
2. In a large mixing bowl, add the chopped kale. Pour half of the dressing over top of the kale and massage the leaves for about a minute or until the kale is wilted and tender.
3. Divide the kale evenly onto plates and top each plate equally with tomatoes and almonds. Drizzle salad with remaining dressing. Enjoy!

Notes

Nut-Free

Use sunflower seeds instead of almonds.

Leftovers

Keeps well in the fridge for 2 to 3 days.

Ingredients

- 120 grams** Roasted Red Peppers (from the jar)
- 1/4 cup** Basil Leaves
- 1** Garlic (clove, small)
- 2 tbsps** Lemon Juice
- 1/2 tsp** Sea Salt
- 1/4 cup** Extra Virgin Olive Oil (divided)
- 8 cups** Kale Leaves (chopped)
- 1/2 cup** Cherry Tomatoes (halved)
- 1/4 cup** Sliced Almonds

Nutrition

Amount per serving

Calories	483	Cholesterol	0mg
Fat	34g	Sodium	987mg
Carbs	32g	Vitamin A	27269IU
Fiber	10g	Vitamin C	66mg
Sugar	4g	Calcium	363mg
Protein	12g	Iron	7mg

Roasted Mini Peppers

3 ingredients · 20 minutes · 3 servings



Directions

1. Preheat oven to 400F and line a baking sheet with foil or parchment.
2. Toss mini peppers in the oil and salt, and transfer to the baking sheet cut side down. Roast for 13 to 15 minutes or until slightly charred.
3. Remove from oven and enjoy!

Notes

Leftovers

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

Ingredients

1 lb Mini Peppers (halved and seeds removed)

1 tbsp Extra Virgin Olive Oil

1/4 tsp Sea Salt

Nutrition

Amount per serving

Calories	84	Cholesterol	0mg
Fat	5g	Sodium	197mg
Carbs	9g	Vitamin A	3113IU
Fiber	2g	Vitamin C	288mg
Sugar	5g	Calcium	0mg
Protein	2g	Iron	1mg

Sweet Potato Noodles

1 ingredient · 5 minutes · 4 servings



Directions

1. Use a spiralizer to spiralize sweet potatoes into noodles. Enjoy them raw or cook them in a skillet with some olive oil over medium heat for 5 minutes.

Notes

Serve Them With

Soups, salads, stir-frys or as a pasta replacement.

Storage

Refrigerate in an airtight container up to 5 days.

Ingredients

2 Sweet Potato (medium, peeled)

Nutrition

Amount per serving

Calories	56	Cholesterol	0mg
Fat	0g	Sodium	36mg
Carbs	13g	Vitamin A	9222IU
Fiber	2g	Vitamin C	2mg
Sugar	3g	Calcium	20mg
Protein	1g	Iron	0mg

Whole Roasted Cauliflower

3 ingredients · 1 hour · 4 servings



Directions

1. Preheat oven to 400F.
2. Coat the entire head of cauliflower with olive oil and season with salt. Use foil to completely cover and seal the cauliflower.
3. Place on a baking tray and roast for 40 minutes.
4. Carefully remove the foil and roast for an additional 10 minutes or until golden brown. Slice and enjoy!

Notes

Top it With

Melted butter, coconut oil, parmesan, nutritional yeast, fresh or dried herbs.

Leftovers

Refrigerate in an airtight container up to 5 days.

Ingredients

- 1 head Cauliflower (medium)
- 3 tbsps Extra Virgin Olive Oil
- 1/4 tsp Sea Salt (or more to taste)

Nutrition

Amount per serving

Calories	127	Cholesterol	0mg
Fat	11g	Sodium	192mg
Carbs	7g	Vitamin A	0IU
Fiber	3g	Vitamin C	71mg
Sugar	3g	Calcium	32mg
Protein	3g	Iron	1mg

Roasted Veggies

9 ingredients · 40 minutes · 4 servings



Directions

1. Preheat the oven to 375 F and line a baking sheet with parchment paper.
2. Arrange the chopped veggies on the baking sheet. Drizzle with oil, vinegar, oregano, salt and pepper. Toss until everything is well coated.
3. Roast in the oven for 25 to 30 minutes, or until very tender, stirring once about halfway through.
4. Remove from oven and transfer to a bowl. Enjoy!

Notes

Leftovers

Keeps well in the fridge up to 3 days. Reheat in a skillet or the oven.

No Mushrooms

Swap in bell peppers or broccoli instead.

Even Cooking

Chop your vegetables to be approximately the same size to ensure even cooking.

Ingredients

- 2 Carrot (medium, chopped)
- 2 Zucchini (medium, chopped)
- 2 cups Mushrooms (chopped)
- 2 cups Green Beans (trimmed)
- 1 tbsp Extra Virgin Olive Oil
- 2 tbsps Balsamic Vinegar
- 1 tsp Oregano (dried)
- 1/2 tsp Sea Salt
- 1/4 tsp Black Pepper

Nutrition

Amount per serving

Calories	90	Cholesterol	0mg
Fat	4g	Sodium	331mg
Carbs	12g	Vitamin A	5642IU
Fiber	4g	Vitamin C	26mg
Sugar	7g	Calcium	52mg
Protein	4g	Iron	1mg

Zucchini Noodles

1 ingredient • 5 minutes • 1 serving



Directions

1. Trim the ends off of the zucchini. Use a spiralizer or a vegetable peeler to turn it into noodles.

Notes

Storage

Refrigerate in an airtight container up to 4 to 5 days.

Ingredients

1 Zucchini (medium)

Nutrition

Amount per serving

Calories	33	Cholesterol	0mg
Fat	1g	Sodium	16mg
Carbs	6g	Vitamin A	392IU
Fiber	2g	Vitamin C	35mg
Sugar	5g	Calcium	31mg
Protein	2g	Iron	1mg

Zucchini Fritters

8 ingredients · 20 minutes · 6 servings



Directions

1. Combine all ingredients, except the coconut oil, into a large bowl and mix well.
2. Heat half of the coconut oil in a large pan over medium heat. Scoop enough of the zucchini mixture to create 3- to 4-inch wide fritters in the pan. Cook for 2 to 3 minutes per side and transfer to a plate lined with paper towel.
3. Taste the first batch and adjust seasoning accordingly. If the fritters are falling apart, add an extra tablespoon of oat flour at a time. Continue until the mixture is used up and add more coconut oil to the pan between batches if needed.
4. Let cool slightly before serving and enjoy!

Notes

Serving Size

One serving is equal to approximately three fritters.

Serve Them With

Scrambled eggs, fish, a fried egg and salad, guacamole, goat cheese with pine nuts, greek yogurt, cottage cheese, or sliced tomatoes with mozzarella.

Bake Them in the Oven

Scoop onto a parchment-lined baking sheet and bake in the oven for 20 to 25 minutes at 375 F.

Ingredients

- 1 Yellow Potato (medium, peeled and grated)
- 2 Zucchini (small, grated)
- 1 Yellow Onion (medium, finely sliced)
- 2 Egg
- 1/4 cup Oat Flour
- 2 tbsps Ground Flax Seed
- Sea Salt & Black Pepper (to taste)
- 2 tbsps Coconut Oil

Nutrition

Amount per serving

Calories	133	Cholesterol	62mg
Fat	7g	Sodium	30mg
Carbs	12g	Vitamin A	221IU
Fiber	3g	Vitamin C	18mg
Sugar	3g	Calcium	36mg
Protein	5g	Iron	1mg

Grilled Cauliflower Steaks with Avocado Chimichurri

8 ingredients · 30 minutes · 4 servings



Directions

1. Add vinegar, cilantro, oregano, garlic, 2/3 of the olive oil and salt to a food processor and blend until smooth. Occasionally scrape down the sides as needed.
2. Stir in the avocado until well coated and refrigerate.
3. Brush each side of the cauliflower steaks with the remaining olive oil. Preheat grill on medium heat. Cook the cauliflower steaks for about 5 to 6 minutes per side with the lid closed, or until tender and slightly charred.
4. Transfer to plates and top with your desired amount of avocado chimichurri. Enjoy!

Notes

Likes it Spicy

Add a chili pepper or red pepper flakes to the chimichurri.

Leftovers

Refrigerate in an airtight container up to 3 days. Leftover chimichurri will keep up to 1 week.

No Cilantro

Use parsley instead.

No Cauliflower

Use zucchini or portobello mushrooms instead.

No Grill

Roast cauliflower steaks in the oven at 400F for 30 minutes, flipping halfway.

No Food Processor

Use a blender or manually chop the cilantro, oregano, and garlic, then whisk together with the vinegar, oil, and salt.

Ingredients

- 1/2 cup Red Wine Vinegar
- 1 cup Cilantro (thick stems removed)
- 1/4 cup Fresh Oregano (stems removed)
- 4 Garlic (cloves, minced)
- 3/4 cup Extra Virgin Olive Oil (divided)
- 1 tsp Sea Salt
- 1 Avocado (peeled and cubed)
- 1 head Cauliflower (sliced into steaks)

Nutrition

Amount per serving

Calories	497	Cholesterol	0mg
Fat	48g	Sodium	643mg
Carbs	15g	Vitamin A	394IU
Fiber	8g	Vitamin C	78mg
Sugar	3g	Calcium	96mg
Protein	4g	Iron	3mg

Balsamic Grilled Mushrooms

4 ingredients · 25 minutes · 2 servings



Directions

1. Stir all the ingredients together and let marinate for at least 15 minutes.
2. Cook in a grill pan over medium-high heat for 8 to 10 minutes or until tender.
Alternatively, you can skewer the mushrooms and grill over medium-high until soft and slightly charred, about 2 to 3 minutes per side.
3. Remove from the grill and enjoy!

Notes

Leftovers

Keeps well in the fridge for 3 to 4 days in an airtight container.

No Grill

Saute them on the stovetop instead.

Ingredients

5 cups Mushrooms (halved)

2 tbsps Balsamic Vinegar

1 tbsps Tamari

2 Garlic (cloves, minced)

Nutrition

Amount per serving

Calories	61	Cholesterol	0mg
Fat	1g	Sodium	518mg
Carbs	10g	Vitamin A	0IU
Fiber	2g	Vitamin C	5mg
Sugar	6g	Calcium	16mg
Protein	7g	Iron	1mg

Sweet Potato Flatbread

4 ingredients · 30 minutes · 6 servings



Directions

1. Bring a pot of water to a boil. Place sweet potato in a steamer over boiling water and cover for 7 minutes (or until tender). Mash and measure out 1 cup per 6 servings. (Set any leftovers aside to use in another meal.)
2. In a mixing bowl, use a spatula to combine the sweet potato, salt and the flour. If the dough feels wet, add an extra tablespoon of flour at a time until it is soft and workable. Note, the moisture level of sweet potatoes may vary and require more or less flour.
3. Dust your hands and working surface with flour. Roll the dough into 2-inch balls. Then, roll each ball flat to about 1/8- to 1/4-inch thick.
4. Heat half the coconut oil in large skillet over medium-low heat and cook each flatbread for about 2 to 3 minutes per side. Add more oil as needed between flatbreads.
5. Transfer to a basket covered with a dish towel until ready to serve. Enjoy!

Notes

Flour

This recipe was tested using Bob's Red Mill All Purpose Gluten-Free Flour. If using another type of flour, results may vary.

Serve it With

Hummus, curry, stew, soup, lentils, black beans or caramelized apples.

Save Time

Steam a large batch of mashed sweet potatoes earlier in the week and set aside a portion for this recipe.

Storage

Refrigerate in an airtight container up to 4 days or freeze for up to 6 months.

Serving Size

One serving is equal to one flatbread.

Ingredients

1 Sweet Potato (large, peeled and sliced)

1/2 tsp Sea Salt

1 cup All Purpose Gluten-Free Flour (plus extra for dusting)

2 tbsps Coconut Oil (divided)

Nutrition

Amount per serving

Calories	152	Cholesterol	0mg
Fat	5g	Sodium	209mg
Carbs	26g	Vitamin A	3074IU
Fiber	5g	Vitamin C	1mg
Sugar	1g	Calcium	7mg
Protein	2g	Iron	0mg

Maple Roasted Rutabaga

3 ingredients · 1 hour · 4 servings



Directions

1. Preheat oven to 415F.
2. Combine rutabaga, olive oil and maple syrup in a glass baking dish. Toss until evenly coated.
3. Roast for 45 minutes or until soft and slightly browned. Flip the rutabaga about halfway through roasting.
4. Remove from the oven and enjoy!

Notes

Leftovers

Refrigerate in an airtight container up to 3 to 5 days, or freeze if longer.

Sugar-Free

Use your choice of fresh or dried herbs instead of maple syrup.

Rutabaga Tip

We recommend purchasing multiple small or medium rutabagas instead of a single large rutabaga as they can be very difficult to cut.

Ingredients

4 cups Rutabaga (peeled and diced)

2 tbsps Extra Virgin Olive Oil

2 tbsps Maple Syrup

Nutrition

Amount per serving

Calories	138	Cholesterol	0mg
Fat	7g	Sodium	18mg
Carbs	19g	Vitamin A	3IU
Fiber	3g	Vitamin C	35mg
Sugar	12g	Calcium	70mg
Protein	2g	Iron	1mg

Sesame Cabbage Slaw

6 ingredients · 15 minutes · 6 servings



Directions

1. In a large bowl, combine the cabbage, sesame oil, rice vinegar, garlic, sesame seeds, salt and pepper. Mix well. Enjoy!

Notes

Storage

Keeps well in the fridge for 4 to 5 days.

Ingredients

6 cups Purple Cabbage (thinly sliced)

3 tbsps Sesame Oil

3 tbsps Rice Vinegar

1 Garlic (clove, minced)

3 tbsps Sesame Seeds (optional)

Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving

Calories	115	Cholesterol	0mg
Fat	9g	Sodium	25mg
Carbs	8g	Vitamin A	994IU
Fiber	2g	Vitamin C	51mg
Sugar	3g	Calcium	85mg
Protein	2g	Iron	1mg

Eggplant, Pepper & Tomato Saute

6 ingredients · 20 minutes · 4 servings



Directions

1. Heat olive oil in a large saucepan over medium-high heat. Add the eggplant and season with salt and pepper. Cook for 6 to 8 minutes, stirring occasionally.
2. Add the bell pepper and cumin, cooking for 1 to 2 minutes. Then stir in the tomatoes and cook for an additional 10 to 12 minutes.
3. Season with salt and pepper to taste. Enjoy!

Notes

Serve it With

Pasta, brown rice, quinoa, brown rice tortilla chips, or on toast.

Extra Toppings

Feta, fresh herbs, avocado or Greek yogurt.

Storage

Refrigerate in an air-tight container up to 3 to 5 days, or freeze.

Ingredients

- 1 **tbsp** Extra Virgin Olive Oil
- 2 Eggplant (large, cubed)
- Sea Salt & Black Pepper (to taste)
- 1 Green Bell Pepper (diced)
- 1 **tsp** Cumin
- 1 **1/2 cups** Diced Tomatoes

Nutrition

Amount per serving

Calories	114	Cholesterol	0mg
Fat	4g	Sodium	22mg
Carbs	18g	Vitamin A	544IU
Fiber	8g	Vitamin C	38mg
Sugar	11g	Calcium	44mg
Protein	3g	Iron	2mg

Creamy Artichoke Salad with Cauliflower Rice

10 ingredients · 15 minutes · 4 servings



Directions

1. In a food processor or blender, blend half the artichoke hearts, oil, vinegar, maple syrup, dijon and salt until smooth. Transfer the dressing to a salad bowl and set aside.
2. Pulse the cauliflower florets in the same food processor or blender in small batches until the mixture becomes a rice-like consistency.
3. Add the cauliflower rice, remaining artichoke hearts, avocado, corn and red onion to the salad bowl and toss with the dressing until well coated. Enjoy!

Notes

No Artichoke Hearts

Use cooked asparagus instead.

Serve it Warm

Lightly saute the cauliflower rice, artichoke hearts and corn before combining with the remaining ingredients.

Serve it With

Our 15-Minute Grilled Steak, Marinated Baked Tofu, Sweet and Crunchy Chickpeas, or Marinated Chickpeas recipe.

Ingredients

3 cups Artichoke Hearts (roughly chopped and divided)

1/4 cup Extra Virgin Olive Oil

1 tbsp Apple Cider Vinegar

1 1/2 tsps Maple Syrup

1 tbsp Dijon Mustard

1 tsp Sea Salt

1 head Cauliflower (chopped into florets)

1 Avocado (cubed)

2 cups Frozen Corn (thawed)

1/4 cup Red Onion (finely chopped)

Nutrition

Amount per serving

Calories	357	Cholesterol	0mg
Fat	22g	Sodium	1264mg
Carbs	36g	Vitamin A	762IU
Fiber	16g	Vitamin C	95mg
Sugar	12g	Calcium	106mg
Protein	9g	Iron	2mg

Zucchini White Bean Roll Ups

5 ingredients • 1 hour • 2 servings



Directions

1. Preheat your oven to 350F.
2. Slice the zucchinis in half lengthwise. Using a mandolin, create long, thin slices from the cut-side of each zucchini. If you don't have a mandolin, use a sharp knife to make thin, flexible slices. You should end up with about 12 strips per zucchini.
3. In your food processor or blender, combine the white beans and pesto. Pulse until smooth. Taste and season with sea salt and black pepper as desired.
4. Lay the strips flat on your cutting board and spread each strip with about 1 tbsp of the white bean mixture. Roll them up and place into a casserole dish. When all the zucchini roll-ups are in the dish, cover with the tomato sauce.
5. Bake uncovered for 30 minutes. Remove from the oven, divide between plates and enjoy!

Notes

No White Beans

Use chickpeas instead.

Ingredients

2 Zucchini (medium)

2 cups White Navy Beans (cooked, from the can)

1/4 cup Pesto

Sea Salt & Black Pepper (to taste)

1 cup Tomato Sauce

Nutrition

Amount per serving

Calories	449	Cholesterol	0mg
Fat	14g	Sodium	220mg
Carbs	63g	Vitamin A	1412IU
Fiber	24g	Vitamin C	45mg
Sugar	12g	Calcium	271mg
Protein	22g	Iron	6mg

Parsnip Fries

3 ingredients · 50 minutes · 4 servings



Directions

1. Preheat oven to 375F and line a baking sheet with parchment paper.
2. While oven is preheating, wash and peel the parsnips. Slice them into long, thin fry shapes. Lay on the baking sheet and drizzle with avocado oil. Toss the fries gently to coat and sprinkle with sea salt.
3. Bake for 40 minutes, turning halfway through cooking.
4. Remove from the oven and enjoy!

Notes

Storage

Keeps well in fridge for up to 4 days.

Spice it Up

Add seasonings like cajun seasoning, cayenne pepper, chili powder, black pepper, paprika, onion powder or garlic powder to add more flavour to the fries.

Ingredients

6 Parsnip (large)

2 **tbsps** Avocado Oil

1/4 **tsp** Sea Salt (or more to taste)

Nutrition

Amount per serving

Calories	233	Cholesterol	0mg
Fat	8g	Sodium	172mg
Carbs	41g	Vitamin A	0IU
Fiber	9g	Vitamin C	31mg
Sugar	12g	Calcium	89mg
Protein	3g	Iron	1mg

Cauliflower Rice

1 ingredient · 10 minutes · 4 servings



Directions

1. Add cauliflower florets to the food processor. Process until the cauliflower has a rice-like consistency. (You may need to do this in batches depending on the size of your food processor.)
2. Serve it raw or cooked. For cooked cauliflower rice, add to a large frying pan over medium-high heat and sauté for about 3 to 5 minutes, or until warmed through. Serve immediately.

Notes

Leftovers

Refrigerate in an airtight container up to 4 days, or freeze either raw or cooked.

No Food Processor

Use a box grater or pulse in a blender, occasionally scraping down the sides.

Serving Size

One serving is equal to approximately one cup of cauliflower rice.

Save Time

Many grocery stores carry pre-riced cauliflower in the bag. Look for it in the fresh, pre-sliced vegetable section or frozen vegetable section.

Ingredients

1 head Cauliflower (chopped into small pieces)

Nutrition

Amount per serving

Calories	37	Cholesterol	0mg
Fat	0g	Sodium	44mg
Carbs	7g	Vitamin A	0IU
Fiber	3g	Vitamin C	71mg
Sugar	3g	Calcium	32mg
Protein	3g	Iron	1mg

Garlicky Kale

6 ingredients · 15 minutes · 4 servings



Directions

1. Tear kale into bite-size pieces and place in a large bowl.
2. Puree all the remaining ingredients in a food processor until smooth.
3. Add the dressing to the kale and massage with your hands until well coated. Serve immediately or let marinate for 1 hour in the fridge for more flavour.

Notes

Serve it With

Our Healthy Fish n' Chips, Savoury Roasted Chickpeas, Ginger Steamed Cod Fillets, Sweet and Crunchy Chickpeas, Roasted Garlic Chicken Thighs, or in a buddha bowl with quinoa, roasted veggies and hardboiled eggs.

No Tahini

Use a nut butter or sunflower seed butter instead.

Leftovers

Refrigerate in an airtight container up to 3 days.

Ingredients

- 8 cups** Kale Leaves (stems removed)
- 2 tbsps** Tahini
- 3 tbsps** Apple Cider Vinegar
- 1 tbsp** Tamari
- 1/4 cup** Nutritional Yeast
- 3** Garlic (cloves, minced)

Nutrition

Amount per serving

Calories	144	Cholesterol	0mg
Fat	4g	Sodium	381mg
Carbs	17g	Vitamin A	13005IU
Fiber	6g	Vitamin C	19mg
Sugar	1g	Calcium	197mg
Protein	8g	Iron	4mg

Brussels Sprouts, Bacon & Brazil Nuts

5 ingredients · 45 minutes · 4 servings



Directions

1. Preheat oven to 350F and line a baking sheet with parchment.
2. Place the brussels sprouts in a large bowl and drizzle with oil. Add the diced bacon and toss well. Transfer to baking sheet and sprinkle with salt and pepper. Roast for 40 minutes.
3. Remove from oven and top with chopped brazil nuts. Enjoy!

Notes

Vegetarians & Vegans

Omit bacon or use coconut bacon.

More Carbs

Add sweet potato.

Nut-Free

Top with toasted pumpkin seeds instead of Brazil nuts.

Leftovers

Keeps well for 3 to 4 days in the fridge.

Ingredients

6 cups Brussels Sprouts (trimmed)

2 tbsps Avocado Oil

6 slices Organic Bacon (diced)

Sea Salt & Black Pepper (to taste)

1/2 cup Brazil Nuts (chopped)

Nutrition

Amount per serving

Calories	295	Cholesterol	14mg
Fat	24g	Sodium	301mg
Carbs	14g	Vitamin A	1001IU
Fiber	6g	Vitamin C	112mg
Sugar	3g	Calcium	84mg
Protein	11g	Iron	2mg

Buffalo Cauliflower Wings

9 ingredients · 30 minutes · 4 servings



Directions

1. Preheat oven to 450 F. Line a baking sheet with foil and grease with half the coconut oil.
2. In a bowl, whisk together the flour, milk, salt and garlic powder to make the batter.
3. Place the breadcrumbs in a separate bowl.
4. Coat the cauliflower florets in the batter one at a time, letting any excess drip off. Transfer to the breadcrumbs and coat completely, then place onto baking sheet. Repeat until all florets are coated. Bake for 20-25 minutes until crispy and slightly golden.
5. Meanwhile, add the hot sauce, maple syrup and remaining coconut oil in a microwave-safe bowl and microwave for 20 seconds or until coconut oil has melted.
6. Gently toss the cauliflower in the sauce then return to baking sheet and continue baking for another 5 minutes. Remove from oven and serve immediately. Enjoy!

Notes

Serve Them With

Our Vegan Ranch Dressing, Creamy Rainbow Coleslaw, Vegan Cornbread or Mac n' 'Cheese' recipe, celery sticks, carrots, blue cheese and/or fries.

Leftovers

Refrigerate in an airtight container up to 3-5 days (with or without sauce) and reheat in the oven.

Ingredients

- 2 **tbps** Coconut Oil (divided)
- 1 **cup** Oat Flour
- 1 **cup** Unsweetened Almond Milk
- 1/2 **tsp** Sea Salt
- 2 **tsps** Garlic Powder
- 1 **cup** Bread Crumbs
- 1 **head** Cauliflower (chopped into florets)
- 1/2 **cup** Hot Sauce (vinegar-based)
- 2 1/2 **tbps** Maple Syrup

Nutrition

Amount per serving

Calories	370	Cholesterol	0mg
Fat	11g	Sodium	1239mg
Carbs	56g	Vitamin A	125IU
Fiber	8g	Vitamin C	71mg
Sugar	12g	Calcium	223mg
Protein	12g	Iron	3mg

Sweet Potato Fries

3 ingredients · 35 minutes · 4 servings



Directions

1. Preheat oven to 425F and line baking sheet(s) with heavy-duty foil. Grease with 1/3 of the coconut oil or a cooking spray.
2. Rinse and pat your sweet potato strips dry. Toss them in a bag or bowl with tapioca flour until well coated.
3. Add the remaining coconut oil to the sweet potato strips and gently toss. Arrange the strips onto your baking sheet(s), being careful not to crowd the pan and bake for 25 to 30 minutes, flipping halfway through.
4. Season with salt if desired, and let cool slightly before serving. Enjoy!

Notes

No Tapioca Flour

Use arrowroot powder, brown rice starch or cornstarch instead.

Spice it Up

Add your choice of seasonings after tossing the sweet potato strips with coconut oil. You can use chipotle powder, cumin, paprika, garlic powder and/or onion powder. Do not season with salt until after roasting.

Crispy Fries

For crispier fries, soak the strips in water for at least 1 hour, or overnight. Drain and pat dry before baking.

Serve Them With

Our Magical Mayo, 15 Minute Grilled Steak, Corn & Chickpea Guacamole Salad, or any of our burger recipes (like the Apple Turkey Burgers with Caramelized Onions & Brie).

Leftovers

Refrigerate in an airtight container up to 4-5 days, or freeze. To re-crisp the fries, reheat with a bit of oil in a skillet on your stovetop.

Ingredients

3 tbsps Coconut Oil (melted)

2 Sweet Potato (large, sliced into 1/4 inch strips)

1 1/2 tbsps Tapioca Flour

Nutrition

Amount per serving

Calories	156	Cholesterol	0mg
Fat	10g	Sodium	36mg
Carbs	16g	Vitamin A	9222IU
Fiber	2g	Vitamin C	2mg
Sugar	3g	Calcium	20mg
Protein	1g	Iron	0mg

Paleo Tabbouleh

9 ingredients · 15 minutes · 4 servings



Directions

1. Rice the cauliflower by adding the florets to your food processor or blender, and pulsing until a rice-like texture is achieved.
2. Add the riced cauliflower to a large salad bowl along with the minced parsley, mint, cucumber, tomatoes, and hemp seeds. Add the lemon juice and olive oil and toss until everything is well combined.
3. Season with sea salt and black pepper to taste and enjoy alone or as a side dish!

Notes

More Protein

Serve with chicken breast or chickpeas.

Save Time

Buy cauliflower that has already been riced. You may find it with the pre-chopped vegetables in your produce aisle, or in the frozen vegetables section.

Ingredients

- 1 head Cauliflower (small, sliced into florets)
- 3 cups Parsley (finely chopped)
- 1 cup Mint Leaves (finely chopped)
- 1 Cucumber (diced)
- 2 Tomato (medium, diced)
- 1/4 cup Hemp Seeds
- 1 Lemon (juiced)
- 2 tbsps Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving

Calories	196	Cholesterol	0mg
Fat	13g	Sodium	97mg
Carbs	17g	Vitamin A	4974IU
Fiber	6g	Vitamin C	148mg
Sugar	5g	Calcium	133mg
Protein	9g	Iron	5mg

Crispy Cauliflower Bites

12 ingredients · 20 minutes · 4 servings



Directions

1. Heat sesame oil in a large pan over medium-high heat. Cook green onions and garlic for 1-2 minutes. Stir in tamari and maple syrup, remove from heat and transfer to a bowl.
2. In a mixing bowl, combine oat flour, tapioca flour, baking powder, salt, pepper and water. Add 1-2 tbsp of water if it is too thick. Toss cauliflower florets in the mixture until well coated.
3. Heat coconut oil over medium-high heat in the same pan used for the sauce. Cook cauliflower until all sides are browned, about 5-7 minutes. Add more coconut oil to the pan if needed.
4. Transfer cauliflower to a paper towel-lined plate. Dip cauliflower bites into the sauce or drizzle overtop. Enjoy!

Notes

No Oat Flour

Use regular or gluten-free all-purpose flour instead.

No Tapioca Flour

Use arrowroot powder or cornstarch instead.

No Coconut Oil

Use sesame oil instead.

Serve it With

As an appetizer or with our Everything Bagel Seasoned Chicken or Marinated Baked Tofu.

Ingredients

- 1 **tbsp** Sesame Oil
- 2 **stalks** Green Onion (sliced)
- 2 **Garlic** (cloves, minced)
- 2 **tbsps** Tamari
- 1 **tbsp** Maple Syrup
- 1/4 **cup** Oat Flour
- 1/4 **cup** Tapioca Flour
- 1 **tbsp** Baking Powder
- Sea Salt & Black Pepper (to taste)
- 1/3 **cup** Water
- 1 **head** Cauliflower (chopped into florets)
- 1/4 **cup** Coconut Oil

Nutrition

Amount per serving

Calories	267	Cholesterol	0mg
Fat	18g	Sodium	915mg
Carbs	24g	Vitamin A	240IU
Fiber	4g	Vitamin C	72mg
Sugar	6g	Calcium	253mg
Protein	5g	Iron	2mg

Pesto Cauliflower Rice

2 ingredients · 10 minutes · 4 servings



Directions

1. Add cauliflower florets to the food processor. Process until the cauliflower has a rice-like consistency. (You may need to do this in batches depending on the size of your food processor.)
2. In a large saucepan over medium-high heat, add the cauliflower and stir in pesto until well coated. Cook for about 3-5 minutes. Serve immediately.

Notes

Make it Raw

Skip step 2 and mix pesto with the raw cauliflower rice in a large bowl.

Leftovers

Refrigerate in an airtight container up to 4 days, or freeze either raw or cooked.

Ingredients

1 head Cauliflower (chopped into florets)

1/2 cup Pesto

Nutrition

Amount per serving

Calories	168	Cholesterol	0mg
Fat	12g	Sodium	234mg
Carbs	10g	Vitamin A	487IU
Fiber	4g	Vitamin C	71mg
Sugar	5g	Calcium	129mg
Protein	6g	Iron	1mg

Grilled Asparagus

3 ingredients · 15 minutes · 4 servings



Directions

1. Preheat grill over medium-low heat.
2. Toss asparagus in the olive oil. Place asparagus directly on the grill or on a grill mat. Grill for 10 to 12 minutes, rolling at the halfway point.
3. Remove from grill and season with salt. Enjoy!

Notes

No Grill

Roast in the oven instead at 425 degrees F for 12 to 15 minutes.

Ingredients

3 cups Asparagus (woody ends trimmed)

1 1/2 tsps Extra Virgin Olive Oil

1/4 tsp Sea Salt (or more to taste)

Nutrition

Amount per serving

Calories	35	Cholesterol	0mg
Fat	2g	Sodium	150mg
Carbs	4g	Vitamin A	760IU
Fiber	2g	Vitamin C	6mg
Sugar	2g	Calcium	24mg
Protein	2g	Iron	2mg

Kohlrabi Fries

4 ingredients · 20 minutes · 2 servings



Directions

1. Preheat oven to 425F and line a baking sheet with foil. Grease with half the coconut oil.
2. In a mixing bowl, toss the kohlrabi strips in the remaining coconut oil, salt and cumin. Transfer to the baking sheet and bake for 25 minutes, flipping once.
3. Remove from the oven and enjoy!

Notes

Storage

Refrigerate in an airtight container up to 3 days.

Reheating

Reheat in a pan with a little bit of oil, microwave or bake in the oven at 300F until warm.

Serve Them With

Our Steak with Balsamic Jus, Vegan Ranch Dressing, Magical Mayo or any of our burgers.

Ingredients

2 tbsps Coconut Oil (melted)

2 cups Kohlrabi (peeled and sliced into thin strips)

1/2 tsp Sea Salt

1/2 tsp Cumin

Nutrition

Amount per serving

Calories	159	Cholesterol	0mg
Fat	14g	Sodium	618mg
Carbs	9g	Vitamin A	56IU
Fiber	5g	Vitamin C	84mg
Sugar	4g	Calcium	37mg
Protein	2g	Iron	1mg

Fried Plantains

4 ingredients · 15 minutes · 2 servings



Directions

1. Using a knife, peel the plantain and cut it into thick slices. Using a fork, gently smash them to slightly increase surface area, while keeping the slices whole.
2. Heat the coconut oil in a large skillet and add the plantains, cooking 2-3 minutes per side or until caramelized.
3. Sprinkle with cinnamon and sea salt before serving. Enjoy!

Notes

Likes it Spicy

Add chili flakes instead of cinnamon.

Plantain Tip

The plantain should have some black spots on it to indicate that it is ripe. Green plantains are almost impossible to peel.

Ingredients

- 1 Plantain (large)
- 2 **tbsps** Coconut Oil
- 1/4 **tsp** Cinnamon
- 1/8 **tsp** Sea Salt (or to taste)

Nutrition

Amount per serving

Calories	286	Cholesterol	0mg
Fat	14g	Sodium	153mg
Carbs	43g	Vitamin A	1523IU
Fiber	2g	Vitamin C	25mg
Sugar	24g	Calcium	7mg
Protein	2g	Iron	1mg

Baked Italian Veggie Balls

7 ingredients • 1 hour 30 minutes • 4 servings



Directions

1. Preheat oven to 350 degrees F. Line a baking sheet with parchment paper.
2. Heat the olive oil in a large skillet over medium heat. Add the zucchini, red pepper, and eggplant. Saute for about 10 minutes or until soft.
3. Transfer the veggies to a food processor along with the salt, almond flour and white beans. Pulse until mostly smooth, with a few veggie chunks.
4. Roll into 2-inch sized balls and place on the parchment-lined baking sheet. Bake the veggie balls for 30 minutes then carefully flip. Bake for another 20 to 30 minutes, or until firm.
5. Remove from the oven and enjoy!

Notes

Leftovers

Store covered in the fridge up to 4 days, or freeze for longer.

Ingredients

- 1 **tbsp** Extra Virgin Olive Oil
- 1 Zucchini (medium, chopped)
- 1 Red Bell Pepper (chopped)
- 1/2 Eggplant (chopped)
- 1 **tsp** Sea Salt
- 1/2 **cup** Almond Flour
- 1 **cup** White Navy Beans (cooked)

Nutrition

Amount per serving

Calories	204	Cholesterol	0mg
Fat	11g	Sodium	596mg
Carbs	22g	Vitamin A	1043IU
Fiber	9g	Vitamin C	48mg
Sugar	5g	Calcium	76mg
Protein	8g	Iron	2mg

Steamed Cabbage

2 ingredients · 15 minutes · 4 servings



Directions

1. Place cabbage in a steamer with boiling water. Steam for 4-5 minutes.
2. Season with salt to taste. Enjoy!

Notes

Serve it With

A protein main dish like our Herbed Pork Roast or Balsamic Roasted Tempeh. Or use as a pasta substitute with tomato sauce.

Leftovers

Refrigerate in an air-tight container up to 3-4 days, or freeze.

Ingredients

8 cups Green Cabbage (thinly sliced)

1/4 tsp Sea Salt (or more to taste)

Nutrition

Amount per serving

Calories	44	Cholesterol	0mg
Fat	0g	Sodium	180mg
Carbs	10g	Vitamin A	174IU
Fiber	4g	Vitamin C	65mg
Sugar	6g	Calcium	72mg
Protein	2g	Iron	1mg

Creamy Rainbow Coleslaw

4 ingredients · 10 minutes · 4 servings



Directions

1. Combine all ingredients in a large bowl and mix thoroughly. The slaw can be enjoyed immediately but tastes best after sitting for a few hours.

Notes

No Coleslaw Mix

Use shredded green and red cabbage, carrot, leftover broccoli stems, and any other veggies you think would be good to add!

Leftovers

Refrigerate in an airtight container up to two days.

High Quality Mayonnaise

Read the ingredients. Look for an avocado oil, coconut oil or olive oil based mayonnaise.

Ingredients

4 cups Broccoli Slaw (bagged)

2 tbsps Mayonnaise

2 tbsps Apple Cider Vinegar

Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving

Calories	80	Cholesterol	3mg
Fat	5g	Sodium	74mg
Carbs	7g	Vitamin A	6005IU
Fiber	2g	Vitamin C	66mg
Sugar	3g	Calcium	21mg
Protein	2g	Iron	0mg

Buttery Broccolini

4 ingredients · 10 minutes · 2 servings



Directions

1. In a large pan over high heat, add broccolini and water. Bring to a boil and cook uncovered for about 6 to 8 minutes, or until tender.
2. Add the butter and season with salt and pepper. Toss well and sautee for an additional 2 minutes.
3. Remove the broccolini from the pan, divide onto plates and enjoy!

Notes

More Flavour

Add lemon juice, lemon zest, garlic and/or spices in step 2.

Dairy-Free

Use coconut oil, olive oil or avocado oil instead of butter.

No Broccolini

Use broccoli or rapini instead.

Leftovers

Refrigerate in an airtight container for 3 to 5 days.

Ingredients

1 bunch Broccolini (trimmed and stems sliced)

1/2 cup Water

2 tbsps Butter

Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving

Calories	157	Cholesterol	31mg
Fat	13g	Sodium	126mg
Carbs	7g	Vitamin A	10260IU
Fiber	6g	Vitamin C	81mg
Sugar	1g	Calcium	267mg
Protein	8g	Iron	3mg

Roasted Acorn Squash

3 ingredients · 20 minutes · 2 servings



Directions

1. Preheat oven to 450 degrees F and line a baking sheet with foil.
2. Trim the ends of the acorn squash and cut into 1/2-inch rings. Use a spoon to scoop out the seeds.
3. Coat the squash with olive oil and season with salt. Bake for 20 minutes, flipping at the halfway point.
4. Remove from oven and enjoy!

Notes

Serve it With

Our Creamy Edamame and Mushroom Pasta, Slow Cooker Pulled Pork, or any of our steak recipes.

Leftovers

Store covered in the fridge up to five days.

No Acorn Squash

Use delicata squash instead.

Likes it Spicy

Season with cayenne pepper, black pepper or chili powder.

Ingredients

1 Acorn Squash

1 **tbsp** Extra Virgin Olive Oil

1/4 **tsp** Sea Salt (or more to taste)

Nutrition

Amount per serving

Calories	146	Cholesterol	0mg
Fat	7g	Sodium	302mg
Carbs	22g	Vitamin A	791IU
Fiber	3g	Vitamin C	24mg
Sugar	0g	Calcium	71mg
Protein	2g	Iron	2mg

Cauliflower Mash

5 ingredients · 30 minutes · 4 servings



Directions

1. Place cauliflower florets in a large steamer basket on the stove. Cover, bring to a boil and steam for 10-15 minutes, or until very soft.
2. Transfer steamed cauliflower to a food processor or blender along with the garlic, butter, thyme, salt and pepper. Process until desired texture. (If you like a chunkier mash, you can use a hand masher for this step.)
3. Divide between plates and top with extra butter if desired. Enjoy!

Notes

More Carbs

Make with half cauliflower and half mashed potatoes.

Dairy-Free

Replace butter with olive oil.

Make it Cheesy

Add nutritional yeast or parmesan cheese to the mash (about 1 tbsp per serving).

Ingredients

- 1 head** Cauliflower (large, sliced into florets)
- 2** Garlic (cloves, minced)
- 2 tbsps** Butter
- 1 tbsp** Thyme
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving

Calories	91	Cholesterol	16mg
Fat	6g	Sodium	46mg
Carbs	8g	Vitamin A	206IU
Fiber	3g	Vitamin C	72mg
Sugar	3g	Calcium	39mg
Protein	3g	Iron	1mg

Roasted Carrots with Dill

4 ingredients · 25 minutes · 6 servings



Directions

1. Preheat oven to 400 degrees F. Line a baking sheet with parchment paper.
2. Slice carrots diagonally into 1.5 inch slices. Toss carrots, oil and salt in a medium bowl. Spread across the baking sheet and roast for 20 minutes, or until slightly tender.
3. Remove the carrots from the oven and transfer to a bowl. Sprinkle the dill over top and serve immediately.

Notes

No Carrots

Use turnip or parsnip instead.

No Dill

Use basil or parsley instead.

Ingredients

- 12 Carrot (medium, peeled)
- 3 tbsps Extra Virgin Olive Oil
- 1/4 tsp Sea Salt (or more to taste)
- 2 tbsps Fresh Dill (chopped)

Nutrition

Amount per serving

Calories	110	Cholesterol	0mg
Fat	7g	Sodium	182mg
Carbs	12g	Vitamin A	20396IU
Fiber	3g	Vitamin C	7mg
Sugar	6g	Calcium	40mg
Protein	1g	Iron	0mg

Cheesy Cauliflower & Broccoli Casserole

10 ingredients · 1 hour · 4 servings



Directions

1. Preheat oven to 375 degrees F.
2. In a small saucepan, combine the butternut squash, onion, garlic and water. Cover the pot and bring to a boil over high heat for about 5 minutes or until everything is soft. Remove from heat when done.
3. While the squash is cooking, place cauliflower and broccoli in a steamer. Steam for 3 minutes or until tender.
4. To make the "cheese" sauce, add the cashews, nutritional yeast, salt and paprika to your blender. Pour in the softened butternut squash, onion, garlic and water. Blend on high for about 1 minute or until smooth. (Note: If you do not have a high powered blender, you might need to add a little extra water to get it going. Add 1 tbsp at a time.)
5. Place the steamed cauliflower and broccoli into a baking dish. Pour the cheese sauce over the veggies and stir gently to mix.
6. Bake for 40 minutes. Serve immediately. Enjoy!

Notes

Save Time

Buy frozen, pre-sliced butternut squash cubes.

More Protein

Serve with roasted chicken or top with bacon.

More Carbs

Serve with brown rice macaroni or quinoa.

Ingredients

2 cups Butternut Squash (peeled, seeded and cubed)

1 Yellow Onion (medium, diced)

2 Garlic (cloves, minced)

1/2 cup Water

1 head Cauliflower (medium, chopped into florets)

4 cups Broccoli (chopped into florets)

1/2 cup Cashews

1/2 cup Nutritional Yeast

1/2 tsp Sea Salt

1/4 tsp Paprika

Nutrition

Amount per serving

Calories	251	Cholesterol	0mg
Fat	9g	Sodium	397mg
Carbs	34g	Vitamin A	8079IU
Fiber	10g	Vitamin C	170mg
Sugar	9g	Calcium	132mg
Protein	13g	Iron	4mg

Roasted Winter Vegetables with Tahini Drizzle

12 ingredients · 45 minutes · 4 servings



Directions

1. Preheat oven to 375F. Line two baking sheets with parchment paper.
2. Slice delicata squash in half lengthwise and scoop out seeds, then slice into half rounds.
3. Toss the squash, brussels sprouts, fennel and red onion with half of the olive oil, and spread over the baking sheets. Roast vegetables in the oven for 30 minutes, stirring at the halfway point.
4. Meanwhile, prepare the dressing by combining the remaining olive oil, salt, pepper, tahini, garlic, water and lemon juice in a blender. Blend until smooth, adding more water if necessary for consistency.
5. Remove vegetables from oven and divide onto plates. Drizzle with tahini sauce and top with pumpkin seeds. Season with more sea salt and black pepper if you wish. Enjoy!

Notes

More Protein

Add lentils, chickpeas or diced chicken.

Leftovers

Store covered in the fridge up to 2 - 3 days.

Ingredients

- 1 Delicata Squash (small)
- 3 cups Brussels Sprouts (washed and halved)
- 1 bulb Fennel (coarsley chopped)
- 1/2 cup Red Onion (coarsley chopped)
- 1/4 cup Extra Virgin Olive Oil (divided)
- 1/4 tsp Sea Salt
- 1/4 tsp Black Pepper
- 1/4 cup Tahini
- 1 Garlic (clove)
- 1/4 cup Water
- 2 Lemon (small, juiced)
- 1/4 cup Pumpkin Seeds

Nutrition

Amount per serving

Calories	351	Cholesterol	0mg
Fat	25g	Sodium	217mg
Carbs	30g	Vitamin A	1469IU
Fiber	9g	Vitamin C	86mg
Sugar	5g	Calcium	171mg
Protein	8g	Iron	5mg

Pan Fried Zucchini

3 ingredients · 10 minutes · 2 servings



Directions

1. Heat oil in a skillet over medium-high heat.
2. Add the zucchini slices and cook for about 3-5 minutes each side, or until brown.
3. Season with salt and enjoy!

Notes

No Stove Top

Grill or roast them instead.

Ingredients

- 1 **tbsp** Coconut Oil
- 2 Zucchini (medium, sliced into rounds)
- 1/4 **tsp** Sea Salt (or more to taste)

Nutrition

Amount per serving

Calories	94	Cholesterol	0mg
Fat	7g	Sodium	311mg
Carbs	6g	Vitamin A	392IU
Fiber	2g	Vitamin C	35mg
Sugar	5g	Calcium	31mg
Protein	2g	Iron	1mg

Oven-Roasted Kale

3 ingredients · 25 minutes · 2 servings



Directions

1. Preheat oven to 375 degrees F. Line a baking pan with foil or parchment paper.
2. In a large bowl, toss kale with olive oil and salt. Add to the baking pan. The kale does not need to be in a single layer.
3. Bake for 15 to 20 minutes, stirring every 5 minutes or until edges are crispy.
4. Remove from oven, plate and enjoy!

Notes

No Kale

Use collard greens instead.

Likes it Spicy

Sprinkle kale with black pepper and/or red pepper flakes after you remove it from the oven.

Ingredients

8 cups Kale Leaves (roughly chopped)

1 tbsp Extra Virgin Olive Oil

1/4 tsp Sea Salt (or more to taste)

Nutrition

Amount per serving

Calories	200	Cholesterol	0mg
Fat	7g	Sodium	515mg
Carbs	24g	Vitamin A	26000IU
Fiber	8g	Vitamin C	36mg
Sugar	0g	Calcium	320mg
Protein	8g	Iron	6mg

Slow Cooker Purple Cabbage with Apples

4 ingredients · 4 hours · 10 servings



Directions

1. Toss all ingredients in the slow cooker. Cook on high for 4-6 hours, or low for up to 12 hours.
2. Divide into bowls or onto plates and enjoy!

Notes

More Flavour

Add caraway seeds, cinnamon, cardamom, nutmeg and/or ground cloves.

No Red Wine Vinegar

Use balsamic vinegar or apple cider vinegar instead.

No Apples

Use pears instead.

Serve it With

Chicken, pork, sausage, potatoes and bacon bits, seitan, marinated tofu, goat cheese or feta. Try it with our Rotisserie Chicken, Apple Turkey Burgers (replacing the caramelized onions), Herbed Pork Roast, Olive Pesto Pork, or Turkey Breakfast Sausage recipe.

Turn it Into a Salad

Mix with quinoa, spinach, walnuts and goat cheese.

Storage

Refrigerate within 2 hours of cooking in an air-tight container up to 3-5 days. Freeze up to 10 months. Once thawed, refrigerate up to 3-4 days and eat immediately after reheating.

Ingredients

8 cups Purple Cabbage (finely sliced)

4 Apple (diced)

1 Yellow Onion (finely diced)

1/4 cup Red Wine Vinegar

Nutrition

Amount per serving

Calories	66	Cholesterol	0mg
Fat	0g	Sodium	21mg
Carbs	16g	Vitamin A	834IU
Fiber	4g	Vitamin C	45mg
Sugar	11g	Calcium	41mg
Protein	1g	Iron	1mg