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COOKBOOK

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2024

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# CONTENTS

- 3 BREAKFAST
- 9 SMOOTHIES
- 14 SANDWICHES, FLATBREADS AND WRAPS
- 19 SOUPS AND SALADS
- 26 PASTA
- 33 MAINS
- 71 SIDES
- 77 SNACKS, BAKED GOODS AND SWEETS
- 86 SAUCES, DRESSINGS AND DIPS

**Usage note:** *Some of the recipes in this book make use of other recipes. Whenever a recipe is mentioned in that way, it will be in italics.*

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# BREAKFAST

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## BLUEBERRY-LEMON BREAKFAST COOKIES

VEGETARIAN

2¾ cups (344 grams) all-purpose whole-wheat flour  
½ cup (41 grams) rolled oats  
¼ teaspoon baking powder  
¼ teaspoon baking soda  
½ teaspoon ground cinnamon  
½ cup (112 grams) butter, softened  
½ cup (100 grams) sugar  
2 large eggs, room temperature  
½ cup (114 grams) plain reduced-fat Greek yogurt  
1 teaspoon vanilla extract  
2 teaspoons lemon extract  
zest of 2 lemons  
2 cups (290 grams) blueberries (fresh or frozen)

Preheat oven to 350°F/180°C. Line a baking sheet with parchment paper and set aside.

Whisk flour, oats, baking powder, baking soda and cinnamon together in a medium bowl. Set aside.

In a stand mixer using the paddle attachment, beat butter and sugar until light and fluffy (about 5 minutes). Add eggs and mix until well-combined (about 2 minutes). Add yogurt, vanilla and lemon extracts, and zest. Mix an additional minute. Add dry ingredients one-third at a time, mixing each time until just combined. Fold in blueberries, gently (preferably by hand).

Scoop batter onto prepared baking sheet. Bake 20 to 24 minutes. Cookies will have a soft, dense texture. Let cool on pan for 5 minutes before transferring to a cooling rack. Store half in the freezer for a later date and the other half in an airtight container at room temperature. Makes 24 cookies (1 serving = 2 cookies).

*Per serving: 251 calories | 6 grams protein | 36 grams carbs | 9 grams fat*

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## BLUEBERRY PROTEIN PANCAKE

VEGETARIAN/VEGAN OPTION

½ banana, mashed  
1 large egg  
½ teaspoon vanilla extract  
½ cup (118 milliliters) low-fat milk  
¼ cup (30 grams) whole-wheat flour  
¼ cup (27 grams) vanilla protein powder  
½ teaspoon baking powder  
¼ teaspoon salt  
1 tablespoon melted coconut oil  
½ cup (73 grams) blueberries (fresh or frozen)

In a medium bowl, whisk together banana, egg, vanilla and milk. Set aside.

Combine dry ingredients in a large bowl. Add egg mixture and coconut oil and stir to combine, then fold in blueberries. Spray a large skillet with nonstick cooking spray and place over medium heat. Pour batter in and cook about 2 minutes per side. Makes 1 serving.

*546 calories | 35 grams protein | 56 grams carbs | 23 grams fat*

**Note:** To make this recipe vegan, use plant-based milk or water instead of low-fat milk and either omit the egg or use a flax egg: Mix 1 tablespoon ground flax meal with 3 tablespoons water. Refrigerate 15 minutes to 30 minutes, or until thick, and use in place of 1 large egg.

## BOK CHOY BREAKFAST BOWL

VEGETARIAN

2 large eggs + 2 large egg whites  
 ¼ cup (60 milliliters) reduced-fat milk  
 1 tablespoon nutritional yeast flakes  
 1 tablespoon ground flaxseeds  
 1 teaspoon olive oil  
 2 cups (140 grams) baby bok choy, leaves separated  
 1 cup (195 grams) cooked brown rice  
 ½ teaspoon tamari soy sauce

Whisk eggs with milk, nutritional yeast and flaxseeds. Add olive oil to a skillet set over medium heat, then scramble egg mixture until cooked to desired consistency. Remove to a plate. Return skillet to heat, add bok choy and saute until soft. Combine eggs with bok choy, brown rice and soy sauce. Makes 1 serving.

*576 calories | 36 grams protein | 57 grams carbs | 22 grams fat*

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## BREAKFAST BACON BURRITO

VEGETARIAN OPTION

1 teaspoon olive oil  
 ¼ cup (40 grams) red onions, chopped  
 ¼ red bell pepper, stem removed, seeded and diced  
 ¼ cup (43 grams) black beans, drained  
 ¼ teaspoon red pepper flakes  
 ⅛ teaspoon sea salt  
 ⅛ teaspoon black pepper  
 2 whole eggs, beaten  
 1 slice turkey bacon or veggie/tempeh bacon, cooked  
 ½ ounce (14 grams) Muenster cheese, or cheese of your choice  
 1 (8-inch/20-centimeter) whole-wheat tortilla/wrap  
 2 tablespoons salsa

Heat olive oil in a large skillet set over medium heat. Add onions and peppers and cook until peppers are slightly charred, about 5 minutes. Add black beans and red pepper flakes and cook until heated through, about 3 minutes. Season with salt and pepper and transfer to a bowl.

Add eggs to skillet and scramble until cooked through. Crumble in bacon and cheese and toss until cheese has melted. Spread mixture on tortilla and top with salsa. Fold in the ends and roll tortilla. Makes 1 serving.

*544 calories | 29 grams protein | 46 grams carbs | 29 grams fat*

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## BREAKFAST BRUSCHETTA

1 whole-wheat English muffin  
 1 slice turkey bacon  
 2 cups (60 grams) raw spinach  
 1 small tomato, diced  
 ½ red pepper, diced  
 1 green onion, chopped  
 2 eggs, beaten  
 salt and pepper, to taste  
 1 ounce (28 grams) shredded low-fat mozzarella  
 2 tablespoons rolled and thinly sliced basil

Add bacon and cook until crispy, then add vegetables. Cook until spinach is wilted. Remove vegetables and bacon. Spray skillet with cooking spray again, then scramble eggs. Return vegetable-bacon mixture to pan and stir to combine.

Top each muffin half with egg mixture and cheese. Place baking sheet back in oven and cook until cheese has melted, about 5 minutes. Sprinkle with basil before serving. Makes 1 serving.

*436 calories | 32 grams protein | 35 grams carbs | 19 grams fat*

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Preheat oven to 400°F/200°C. Line a baking sheet with parchment paper or foil. Cut English muffin in half and toast in oven while you prepare other ingredients. Spray a skillet with cooking spray and place over medium heat.

## COTTAGE CHEESE BAKED OATMEAL

VEGETARIAN

1 medium overripe banana  
 1 cup (240 milliliters) low-fat milk  
 ½ cup (113 grams) 2% cottage cheese  
 ¼ cup (64 grams) peanut butter or almond butter  
 1 tablespoon honey or maple syrup  
 1 teaspoon vanilla extract or vanilla bean paste  
 2 cups (162 grams) rolled oats  
 ½ cup (113 grams) vanilla protein powder  
 2 teaspoons cinnamon  
 ¼ teaspoon salt  
 1 cup (145 grams) berries of choice

Preheat oven to 350°F/180°C. Grease an 8-inch-by-8-inch (20-centimeter-by-20-centimeter) baking dish with nonstick cooking spray, butter or oil and set aside.

In a medium bowl, mash banana with a fork. Then add remaining wet ingredients and mix well with a whisk until well-combined.

In a separate bowl, combine dry ingredients. Mix well. Add wet ingredients to dry ingredients and mix well. Gently fold in berries.

Pour batter into prepared baking dish. Add a few extra berries to the top. Bake 30 to 35 minutes, or until golden brown and a toothpick inserted into the center comes out clean. Allow to cool 5 minutes before cutting into 9 squares. Makes 9 servings.

*Per serving: 220 calories | 18 grams protein | 23 grams carbs | 6 grams fat*

## EGG-CELLENT OATMEAL

VEGETARIAN

¼ cup (20 grams) dry oats  
 ½ cup (120 milliliters) low-fat milk  
 4 egg whites, beaten  
 ⅛ teaspoon cinnamon  
 2 tablespoons dried cranberries  
 2 tablespoons chopped almonds

Heat oats and milk in a small saucepan on medium heat, about 5 minutes, stirring constantly. Gradually add egg whites while constantly whisking them into oatmeal mixture. Continue to whisk the oatmeal-egg mixture until eggs are cooked, about 3 minutes. You shouldn't see any runny egg whites once mixture has thickened. Sprinkle with cinnamon, cranberries, and almonds. Makes 1 serving.

*363 calories | 26 grams protein | 35 grams carbs | 14 grams fat*

## FRENCH TOAST

VEGETARIAN

2 large whole eggs  
 1 teaspoon sugar  
 ½ teaspoon cinnamon  
 1 teaspoon butter  
 2 slices whole-wheat bread  
 1 cup (144 grams) sliced strawberries  
 2 tablespoons sliced almonds

In a shallow bowl, combine first 3 ingredients and beat together. Set a skillet over medium heat and add butter. Add a little water to egg mixture, if necessary, to loosen it up, then dip bread in and let it soak.

Place bread in pan and cook until golden brown on both sides. Top with strawberries and almonds. Makes 1 serving.

*475 calories | 24 grams protein | 49 grams carbs | 21 grams fat*

## GRAIN-FREE COCONUT PROTEIN PANCAKES

VEGETARIAN

3 large egg whites  
 ½ cup (118 milliliters) light coconut milk (canned)  
 1 tablespoon butter, melted  
 1 teaspoon vanilla extract  
 1-2 packs Splenda or sweetener of choice (optional)  
 ½ cup (56 grams) coconut flour  
 1 teaspoon baking soda

In a medium bowl, lightly whisk together eggs, coconut milk, butter and vanilla until combined.

In another medium bowl, combine sweetener, coconut flour and baking soda. Add wet ingredients to dry and mix well to combine.

Heat a griddle or skillet over medium heat and coat with cooking spray. Drop ¼ cup (60 milliliters) batter onto heated skillet. Cook 2 to 3 minutes per side, or until golden brown. Makes 1 serving.

*469 calories | 20 grams protein | 45 grams carbs | 23 grams fat*

## HIGH-PROTEIN PORRIDGE

VEGETARIAN

1 scoop (~½ cup/33 grams) chocolate protein powder  
 1 tablespoon almond butter or natural peanut butter  
 ½ cup (117 grams) cooked rolled oats (¼ cup/20 grams dry)  
 1 medium banana  
 1 cup (240 milliliters) milk

Combine protein powder and nut butter with cooked oats. Stir to combine. Add sliced banana and milk. Makes 1 serving.

*586 calories | 43 grams protein | 73 grams carbs | 17 grams fat*

## NO-BAKE PEANUT BUTTER BREAKFAST BARS

VEGAN

2 tablespoons natural unsweetened peanut butter  
 1½ teaspoons cacao nibs  
 1 teaspoon pure maple syrup  
 1 teaspoon unrefined coconut oil, melted  
 ¼ teaspoon pure vanilla extract  
 pinch sea salt (optional)  
 3 tablespoons crisp rice or brown rice cereal  
 3 tablespoons granola cereal

Add peanut butter, cacao nibs, maple syrup, coconut oil, vanilla and sea salt (if using) to a medium bowl. Stir to combine. Add both cereals and stir to coat.

On a silicone-mat- or unbleached parchment-paper-lined small baking pan, form cereal mixture into 2 bars (3½ inches by 2 inches/9 centimeters by 5 centimeters) using a flexible spatula. Freeze to firm up, about 15 minutes, and serve. Makes 1 serving (2 bars each).

*435 calories | 11 grams protein | 30 grams carbs | 29 grams fat*

**Note:** *If making in advance, store well-wrapped in the freezer and enjoy chilled. Transform into dessert by drizzling with melted bittersweet chocolate, freeze and enjoy once chocolate is firm.*

## QUINOA AND KALE BREAKFAST CASSEROLE

VEGETARIAN

4 large eggs  
4 large egg whites  
1 cup (240 milliliters) milk of choice  
1 teaspoon sea salt  
1 teaspoon black pepper  
½ cup (65 grams) dry quinoa  
½ cup (120 milliliters) water  
1 cup (67 grams) chopped kale  
1 medium onion, chopped  
½ cup (46 grams) diced red peppers

In a large mixing bowl, whisk together eggs, egg whites, milk, salt and pepper until beaten well. Add quinoa and whisk until combined. Mix in kale, onions and peppers.

Spray a slow cooker with nonstick spray or coat. Add egg and quinoa mixture to slow cooker. Cover and cook on high 2 to 4 hours, or until eggs are set and edges are lightly browned. The quinoa will settle to the bottom and form a yummy crust. Makes 2 servings.

*Per serving: 389 calories | 31 grams protein | 40 grams carbs | 12 grams fat*

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## SAM'S "GO-TO" OMELET

1 teaspoon olive oil  
2 large eggs  
2 egg whites  
pink Himalayan sea salt, to taste  
⅛ teaspoon chili flakes  
2 ounces (57 grams) smoked salmon  
1 tomato, sliced  
¼ avocado, sliced  
1 handful fresh spinach

Place a skillet over medium heat and add olive oil. Beat eggs and egg whites together, add salt and chili flakes, and pour into skillet. Let set, 2 to 3 minutes, then place remaining ingredients over half the eggs. Slide a spatula under the other half and flip it over. Cook until eggs are fully set inside. Makes 1 serving.

*369 calories | 33 grams protein | 10 grams carbs | 22 grams fat*

*(Extras: chickpeas, sweet corn, tuna flakes, courgette, whatever!!)*

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## SMOKED SALMON AND RED ONION AVOCADO TOAST

4 slices marble rye or pumpernickel bread, (Alternatively, you can use 2 slices thick-cut whole-grain bread.)  
½ large ripe avocado, mashed  
salt and pepper, to taste  
4 ounces (113 grams) smoked salmon  
4 thin slices red onion

Lightly toast bread as desired.

Mash avocado and season with salt and pepper (to taste). Arrange sliced toasted bread on plates. Top each slice with equal portions of mashed avocado. Then layer on sliced smoked salmon and red onions. Makes 2 servings

*Per serving: 329 calories | 18 grams protein | 39 grams carbs | 12 grams fat*

## TWO-INGREDIENT BAGELS

VEGETARIAN

1½ cups (180 grams) self-rising all-purpose flour  
 1½ cups (340 grams) low-fat plain Greek yogurt  
 1 large egg, lightly beaten (optional)  
 toppings of choice (optional), including everything bagel seasoning, poppy seeds, sesame seeds, etc.

Preheat oven to 400°F/200°C. Line a baking sheet with parchment paper and set aside.

Combine flour and yogurt in a large bowl and mix with a spoon until it becomes crumbly. Using your hands, knead dough 5 minutes, or until it forms a smooth ball. Alternatively, you can use a stand mixer with a dough hook attachment to knead dough 5 minutes. Do not overmix because dough will become sticky.

Separate dough into 6 equal portions. Roll each dough portion into a ¾-inch-thick rope; bring ends together and pinch to form a circle. Place bagels on prepared baking sheet about 2 inches apart. Brush bagels with egg wash and then sprinkle on toppings, if desired.

Bake 18 to 20 minutes, or until golden brown on the outside. Allow bagels to cool before serving or storing. Makes 6 bagels.

*Per bagel: 152 calories | 10 grams protein | 24 grams carbs | 2 grams fat*

## TWO-INGREDIENT FLAKY BISCUITS WITH BLACKBERRY CHIA JAM

VEGETARIAN

2 cups (240 grams) self-rising all-purpose flour  
 1¼ cups (283 grams) plain low-fat Greek yogurt  
 ¼ cup (59 milliliters) water  
 8 servings *Blackberry Chia Jam*

Preheat oven to 375°F/190°C. Line a baking sheet with parchment paper and set aside.

Combine flour, yogurt and water in a large bowl and mix with a spatula. Stir until a crumbly dough forms. Place dough onto a lightly floured work surface. Lightly flour the

top of dough. Pat out dough until it's about ¼-inch thick and is a large rectangle. Using a sharp knife, cut dough into 8 squares, about 2½ inches wide. You may need to flour knife after every cut. Place biscuits on prepared baking sheet about 2 inches apart.

Bake 25 minutes, rotating baking sheet halfway through or until golden brown. Allow to cool before serving or storing. Top with jam. Makes 8 servings.

*Per serving: 173 calories | 8 grams protein | 33 grams carbs | 2 grams fat*

## VEGAN BREAKFAST ENGLISH MUFFIN SANDWICH

VEGAN

1 English muffin of choice, split  
 2 teaspoons vegan butter, divided  
 1 slice plant-based, non-GMO, smoked-ham-style deli meat, quartered, or desired amount of prepared vegan bacon alternative  
 1 slice plant-based American-style cheese (preferably nut-based)  
 ¼ cup (60 milliliters) liquid plant-based egg alternative  
 pinch freshly ground black pepper  
 1 tablespoon chopped fresh chives

Toast English muffin. Spread with 1 teaspoon vegan butter. Onto the bottom muffin half, add plant-based deli meat quarters and cheese. Set aside.

Heat remaining 1 teaspoon vegan butter in a small stick-resistant skillet over medium. Add liquid egg alternative and cook while stirring until scrambled. Sprinkle with black pepper and chives.

Add scrambled eggs to cheesy muffin half and top with other English muffin half to form a sandwich. For meltier cheese, heat sandwich in a microwave for about 10 seconds. Makes 1 serving.

*424 calories | 16 grams protein | 61 grams carbs | 15 grams fat*

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# SMOOTHIES

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## BEET BERRY SMOOTHIE

1 cup (170 grams) diced cooked beets  
1 medium frozen banana  
¼ cup (36 grams) frozen blueberries  
¼ cup (36 grams) frozen strawberries  
1 cup (226 grams) low-fat Greek yogurt  
½ cup (120 milliliters) pomegranate juice  
¼ cup (60 milliliters) water  
ice (optional)

Combine all ingredients in a blender and process until smooth. Makes 2 servings.

*Per serving: 223 calories | 14 grams protein | 39 grams carbs | 3 grams fat*

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## BLUEBERRY LEMONADE SMOOTHIE

VEGETARIAN

1 scoop (~½ cup/33 grams) vanilla protein powder  
(plant-based optional)  
¼ cup (36 grams) blueberries (fresh or frozen)  
zest of 1 lemon  
¼ teaspoon lemon extract  
½ cup (120 milliliter) nonfat milk of choice  
1 teaspoon honey  
ice (optional)  
1 reduced-fat graham cracker, crushed (optional)

Combine all ingredients except graham cracker in a blender and process until they reach desired consistency. Top with crumbled graham crackers before serving. Makes 1 serving.

*263 calories | 30 grams protein | 30 grams carbs | 3 grams fat*

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## CARROT CAKE SMOOTHIE BOWL

VEGETARIAN

1 carrot, peeled and chopped  
½ cup (60 milliliters) low-fat milk  
1 tablespoon protein powder  
1 cup (227 grams) reduced-fat Greek yogurt  
1 date, chopped  
⅛ teaspoon ground nutmeg  
2 tablespoons walnuts, chopped  
2 tablespoons shredded coconut, unsweetened  
½ small banana, sliced  
⅛ teaspoon ground cinnamon

To a blender, add carrots, milk, protein powder, yogurt, dates and nutmeg. Blend until smooth and pour into a bowl. Top with walnuts, coconut and banana slices, and sprinkle with cinnamon. Makes 1 serving.

*494 calories | 42 grams protein | 44 grams carbs | 19 grams fat*

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## SMOOTHIES

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### CHOCOLATE, ALMOND AND COCONUT SMOOTHIE

VEGETARIAN/VEGAN OPTION

1 scoop (~ $\frac{1}{3}$  cup/33 grams) chocolate protein powder  
1 teaspoon unsweetened cocoa powder  
1 tablespoon almond butter  
 $\frac{1}{2}$  cup (120 milliliters) light coconut milk (from a can)  
 $\frac{1}{2}$  cup ice

Combine all ingredients in a blender and process until smooth. Makes 1 serving.

*272 calories | 26 grams protein | 10 grams carbs | 16 grams fat*

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### CHOCOLATE-CHERRY PROTEIN SMOOTHIE

VEGETARIAN

1 scoop (23 grams) chocolate or vanilla protein powder  
1 tablespoon unsweetened cocoa powder  
1 cup (237 milliliters) low-fat milk  
1 cup (140 grams) frozen pitted cherries  
1 teaspoon maple syrup

Combine all ingredients in a blender and process until smooth. Makes 1 serving.

*348 calories | 33 grams protein | 44 grams carbs | 5 grams fat*

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### CHOCOLATE MINT RECOVERY SHAKE

VEGETARIAN

30 mint leaves  
1 scoop (~ $\frac{1}{3}$  cup/33 grams) protein powder, preferably chocolate  
1 tablespoon cocoa powder  
1 tablespoon nutritional yeast flakes  
1 tablespoon sunflower seeds  
1 tablespoon walnuts  
1 tablespoon mixed nuts  
1 tablespoon ground flaxseeds  
1 tablespoon blackstrap molasses  
12 ounces (340 milliliters) water ice, if desired

Combine all ingredients in a blender and process until smooth. Makes 1 serving.

*384 calories | 35 grams protein | 34 grams carbs | 16 grams fat*

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### CHUNKY MONKEY SMOOTHIE

VEGETARIAN/VEGAN OPTION

1 scoop (~ $\frac{1}{3}$  cup/33 grams) vanilla protein powder  
1 medium frozen banana  
 $\frac{1}{2}$  cup (120 milliliters) plain low-fat milk or unsweetened plant-based milk  
2 tablespoons chopped walnuts  
2 tablespoons mini chocolate chips

Combine protein powder, banana and milk in a blender and process until smooth. Top with chopped walnuts and mini chocolate chips. Makes 1 serving.

*516 calories | 30 grams protein | 54 grams carbs | 22 grams fat*

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## DARK CHOCOLATE-MINT CASHEW SMOOTHIE

VEGAN

¼ cup (35 grams) unroasted, unsalted cashews  
 1 cup (240 milliliters) plain unsweetened plant-based milk,  
 or as needed  
 ¼ teaspoon pure vanilla extract  
 ⅛ teaspoon pure peppermint extract  
 1½ teaspoons chia seeds  
 3 tablespoons unsweetened cocoa powder  
 7 large fresh mint (peppermint) leaves  
 1 medium fully ripened banana, peeled, cut into 5 or  
 6 pieces, frozen  
 ¼ cup (32 grams) frozen blueberries

In a 1½-cup (360-milliliter) capacity jar or other sealable container, add cashews, plant-based milk, extract, chia seeds, cocoa and mint leaves and chill in the fridge overnight — or at least 6 hours.

Add cashew mixture, frozen banana and frozen blueberries to a blender, cover and puree on high speed until extra creamy. Pour into a container or tall glass and serve as is. Makes 1 serving (1 large 13.5-ounce/400-milliliter shake).

*616 calories | 25 grams protein | 66 grams carbs | 33 grams fat*

## FRUITY KALE SMOOTHIE

VEGETARIAN

5.3 ounces (150 grams) plain low-fat Greek yogurt  
 4 ounces (114 grams) frozen chopped kale  
 ½ cup (105 grams) frozen pineapple  
 ½ cup (46 grams) frozen green seedless grapes  
 ½ cup (120 milliliters) apple juice

Combine all ingredients in a blender and process until smooth. Makes 1 serving.

*283 calories | 18 grams protein | 48 grams carbs | 4 grams fat*

**Note:** *This recipe requires time to freeze some ingredients.*

## GOLDEN TURMERIC SMOOTHIE

VEGETARIAN/VEGAN OPTION

1 medium frozen banana  
 1 tablespoon fresh grated turmeric or 1 teaspoon  
 ground turmeric  
 1 cup (210 grams) frozen pineapple chunks  
 1 teaspoon fresh grated ginger or ⅓ teaspoon  
 ground ginger  
 1 scoop vanilla protein powder  
 1 cup (240 milliliters) low-fat milk or plant-based milk  
 ice (optional)

Combine all ingredients in a blender and process until smooth. Makes 2 servings.

*Per serving: 228 calories | 22 grams protein | 36 grams carbs | 2 grams fat*

## GREEN SMOOTHIE BOWL

VEGETARIAN

½ avocado, frozen, pitted and cubed  
 1 medium frozen banana  
 1 cup (249 grams) frozen spinach or kale  
 1 cup (240 milliliters) low-fat milk or plant-based milk  
 1 cup (226 grams) vanilla low-fat Greek yogurt

Toppings: ¼ cup (41 grams) diced mango, 1 tablespoon sunflower seeds, 1 tablespoon pepitas, ¼ cup (20 grams) shredded unsweetened coconut, ¼ cup (41 grams) sliced strawberries

Combine all ingredients in a blender and process until smooth. Pour into 2 bowls and top evenly with toppings. Makes 2 servings.

*Per serving (without toppings): 313 calories | 22 grams protein | 33 grams carbs | 33 g | 11 grams fat*

*Per serving (with toppings): 410 calories | 25 grams protein | 41 grams carbs | 19 grams fat*

## PB AND FIG PROTEIN SMOOTHIE

VEGETARIAN

1 scoop (~½ cup/33 grams) protein powder (preferably chocolate)  
 1 tablespoon peanut butter  
 2 figs  
 ½ cup (120 milliliters) reduced-fat milk  
 ½ cup (120 milliliters) water ice cubes

Combine all ingredients in a blender and process until they reach desired consistency. Add more water, if necessary. Makes 1 serving.

*372 calories | 37 grams protein | 35 grams carbs | 11 grams fat*

## PINEAPPLE-COCONUT SMOOTHIE

VEGETARIAN

1 scoop (~½ cup/33 grams) vanilla protein powder  
 ½ cup (105 grams) frozen pineapple  
 ½ cup (120 milliliters) light coconut milk (from a can)  
 2 tablespoons unsweetened shredded coconut ice (if desired)

Combine protein powder, frozen pineapple and coconut milk in a blender and process until smooth. Top with shredded coconut. Makes 1 serving.

*263 calories | 22 grams protein | 21 grams carbs | 11 grams fat*

**Note:** This recipe requires time to freeze the pineapple.

## POM-BERRY SMOOTHIE

VEGETARIAN

5.3 ounces (150 grams) plain low-fat Greek yogurt  
 ½ cup (120 milliliters) pomegranate juice  
 ½ cup (35 grams) frozen blueberries  
 ½ cup (35 grams) frozen blackberries  
 1 teaspoon honey

Combine all ingredients in a blender and process until smooth. Makes 1 serving.

*265 calories | 15 grams protein | 47 grams carbs | 4 grams fat*

**Note:** This recipe requires time to freeze the fruit.

## PUMPKIN SPICE LATTE BREAKFAST SMOOTHIE

VEGAN

½ cup (40 grams) canned or pureed pumpkin  
¼ cup (60 milliliters) brewed coffee or cold-brew coffee  
¼ cup (60 milliliters) unsweetened almond milk  
1 scoop (⅓ cup/~33 grams) vanilla protein powder  
½ medium frozen banana  
1 tablespoon almond butter  
ice (optional)

Combine all ingredients in a blender and process until smooth. Makes 1 serving.

*313 calories | 29 grams protein | 28 grams carbs |  
12 grams fat*

**Note:** *This recipe requires time to freeze the bananas.*

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## VANILLA COCONUT YOGURT SMOOTHIE

VEGETARIAN

1 cup (240 milliliters) coconut water  
1 cup (226 grams) vanilla low-fat Greek yogurt  
1 tablespoon vanilla bean paste  
1 medium frozen banana  
ice (optional)  
2 tablespoons unsweetened shredded coconut, to  
sprinkle on top

Combine all ingredients in a blender and process until smooth. Top with shredded coconut. Makes 2 servings.

*Per serving: 172 calories | 13 grams protein |  
22 grams carbs | 4 grams fat*

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# SANDWICHES, FLATBREADS AND WRAPS

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## APPLE, CHEDDAR AND TURKEY PANINI

4 tablespoons mayonnaise  
4 slices thick-cut sourdough bread or bread of choice  
4 tablespoons honey mustard  
2 slices sharp or medium cheddar cheese  
6 slices oven-roasted turkey breast  
1 green apple, sliced thin and seeds and core removed  
2 bunches fresh arugula

Spread mayonnaise on 2 slices of bread. Then spread mustard on the remaining 2 slices bread. Begin layering sandwich — add a slice cheese to bread that is covered in

mayonnaise. Then add turkey to other 2 remaining slices bread. Finally, layer remaining ingredients evenly on each sandwich. Put sides together.

Heat a griddle or panini press to medium-high heat. Place sandwich down on hot griddle or panini press. Allow to cook until well-toasted, ensuring you flip sandwich (if using a griddle) halfway through. Makes 2 servings.

*Per serving: 699 calories | 32 grams protein | 67 grams carbs | 31 grams fat*

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## BUFFALO CHICKEN RANCH WRAP

2 large chicken breasts, about 1 pound (454 grams)  
¼ cup (70 milliliters) Buffalo hot sauce  
4 low-calorie tortillas  
¼ cup (60 milliliters) ranch dressing  
½ cup (56 grams) shredded mozzarella cheese  
¼ cup (4 grams) chopped cilantro (optional)

Coat chicken breasts in hot sauce. Grill until cooked through, about 5 to 7 minutes per side. Let cool, then cut into 1-inch cubes.

Place tortillas on a flat surface. Divide chicken, ranch dressing, cheese and cilantro (if using) among tortillas. Roll up and fold tightly. Store in the fridge.

Optional: To serve, place a skillet over medium heat. Cook wrap 1 to 2 minutes per side, or until golden. Makes 4 servings.

*Per serving: 335 calories | 35 grams protein | 26 grams carbs | 16 grams fat*

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## BUFFALO TOFU RANCH WRAP

1½ pounds (680 grams) firm tofu  
¼ cup (70 milliliters) Buffalo hot sauce  
4 low-calorie tortillas  
¼ cup (60 milliliters) ranch dressing  
½ cup (56 grams) shredded mozzarella cheese  
¼ cup (4 grams) chopped cilantro (optional)

Coat tofu in hot sauce. Grill until heated through, about 3 to 5 minutes per side. Let cool, then cut into 1-inch cubes.

Place tortillas on a flat surface. Divide tofu, ranch dressing, cheese and cilantro (if using) among tortillas. Roll up and fold tightly. Store in the fridge.

Optional: To serve, place a skillet over medium heat. Cook wrap 1 to 2 minutes per side, or until golden. Makes 4 servings.

*Per serving: 365 calories | 27 grams protein | 30 grams carbs | 20 grams fat*

### CHICKEN CLUBHOUSE SANDWICH

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6 slices wheat bread  
2 tablespoons mayonnaise  
4 lettuce leaves  
1 tomato, sliced  
4 slices cooked bacon or turkey bacon  
4 ounces (113 grams) roasted or grilled chicken breast,  
cut into slices  
2 slices cheese

Toast bread as desired. Spread mayonnaise on 2 slices bread. Begin layering sandwiches with equal portions by adding lettuce, tomato, bacon, grilled chicken, another slice bread, lettuce, tomato, grilled chicken, a slice cheese and final slice bread. Cut in half before serving. Makes 2 servings.

*Per serving: 600 calories | 40 grams protein |  
44 grams carbs 44 g | 28 grams fat*

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### CHICKEN-HUMMUS SANDWICH

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1 tablespoon hummus  
½ whole-wheat pita  
4 ounces (113 grams) cooked chicken breast  
1 cup (20 grams) arugula (rocket)  
¼ red pepper, sliced  
¼ cucumber, sliced into half-moons

Spread hummus on inside of pita, then add remaining ingredients. Makes 1 serving.

*262 calories | 31 grams protein | 24 grams carbs |  
5 grams fat*

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### CHICKEN WALDORF SALAD SANDWICH

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3 ounces (85 grams) grilled chicken, cut into bite-size pieces  
1 tablespoon chopped walnuts  
¼ apple, cubed or diced  
4 red grapes, sliced in quarters  
3 tablespoons plain 2% Greek yogurt  
salt and pepper, to taste  
2 slices light whole-grain bread, toasted

Combine all ingredients in a medium bowl. Top bread with chicken salad. Makes 1 serving.

*318 calories | 37 grams protein | 26 grams carbs |  
9 grams fat*

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### CUBAN SANDWICH

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1 loaf Cuban bread, cut in half  
2 tablespoons unsalted butter  
1 clove garlic, crushed  
2 tablespoons yellow mustard  
4 slices thinly sliced Swiss cheese (about 4 ounces)  
2 servings *Roast Pork Tenderloin*, cut into slices  
4 slices black forest or smoked ham  
4 slices dill sandwich pickles

Heat a griddle or panini press.

Slice loaf of bread in half horizontally. Toast both sides of bread cut-side down until lightly browned to prevent sogginess.

Stir together butter and crushed garlic. Spread garlic-butter mixture on cut side of one of the bread halves. Spread mustard on other cut side of bread half. Top mustard with a layer of Swiss cheese, followed by sliced pork, then another layer of cheese, ham and pickles. Complete sandwich with remaining piece of bread. Then grill on griddle or panini press until golden brown and heated through, about 5 to 6 minutes per side. Cut sandwich in half down center before serving. Makes 2 servings.

*Per serving: 695 calories | 57 grams protein |  
35 grams carbs | 36 grams fat*

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### EDAMAME SMASH TOAST

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¾ cup (100 grams) frozen shelled edamame  
1 tablespoon tahini  
1 tablespoon lemon juice  
1 teaspoon extra-virgin olive oil  
¼ teaspoon sea salt  
¼ teaspoon freshly ground black pepper  
¼ teaspoon ground cumin or coriander  
2 large slices whole-grain sourdough bread, toasted  
1 tablespoon pomegranate arils or 1 teaspoon toasted sesame seeds (optional)

Cook edamame according to package directions, then drain while reserving 2 tablespoons cooking liquid. Add edamame, tahini, lemon juice, olive oil, salt, pepper, cumin and cooking liquid to a food processor and puree until mixture resembles smashed avocado. Adjust seasoning.

When ready to serve, spread edamame mixture onto toast, about ⅓ rounded cup (80 grams) each. If desired, sprinkle with pomegranate arils or sesame seeds. Makes 2 servings.

*Per serving: 259 calories | 11 grams protein | 31 grams carbs | 10 grams fat*

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### GRILLED POWER PEANUT BUTTER, BANANA AND CACAO NIB SANDWICH

---

VEGAN

1 extra-small or ½ medium fully ripened banana, peeled  
1 teaspoon chia seeds  
¼ teaspoon pure vanilla extract  
2 tablespoons natural peanut butter (ideally no-sugar-added)  
2 slices sprouted whole-grain bread  
1 tablespoon cacao nibs  
1 teaspoon sunflower oil

In a small bowl, mash banana with a fork, then stir in chia seeds and vanilla; set aside 10 minutes. Preheat a skillet or grill pan over medium-high heat. Spread peanut butter on top of one bread slice. Top other slice with banana mixture and cacao nibs. Form a sandwich. Brush sandwich with oil. Pan-toast/grill sandwich to desired brownness, about 2 minutes per side. Cut in half, if desired. Makes 1 serving.

*593 calories | 18 grams protein | 51 grams carbs | 36 grams fat*

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### FALAFEL WRAP

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VEGETARIAN

2 servings *Falafel*  
2 whole-wheat pita pockets or whole-wheat wraps  
2 servings *Tzatziki Sauce*  
1 tomato, sliced  
2 lettuce leaves  
¼ cup (26 grams) thin-sliced seedless cucumbers  
2 slices red onion

Arrange each sandwich with equal portions of ingredients. Makes 2 servings.

*Per serving: 536 calories | 34 grams protein | 77 grams carbs | 12 grams fat*

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### HUMMUS FLATBREAD TOAST

VEGETARIAN

1 (3-ounce/85-gram) whole-grain pocketless pita or naan bread  
 1 teaspoon extra-virgin olive oil  
 ½ cup (85 grams) hummus of choice  
 3 cherry tomatoes, extra-thinly sliced  
 ½ cup (50 grams) extra-thinly sliced English cucumber rounds  
 ½ teaspoon toasted sesame seeds  
 ⅛ teaspoon sea salt  
 1 or 2 lemon wedges (optional)

Preheat a grill pan or skillet over medium-high heat. Lightly brush both sides of pita with olive oil. Grill pita

until desired brownness, about 2 minutes per side. Top with hummus, like it's sauce on pizza. Attractively arrange tomatoes and cucumber rounds on top. Sprinkle with sesame seeds and salt. Cut into wedges and serve with lemon, if desired. Makes 1 serving as an entree and 2 servings as a snack.

*1 serving: 404 calories | 16 grams protein | 56 grams carbs | 15 grams fat*

*2 servings (per serving): 202 calories | 8 grams protein | 28 grams carbs | 8 grams fat*

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### MAKE-AHEAD CHICKEN-AVOCADO BURRITOS

8 ounces (227 grams) shredded cooked chicken breast  
 4 ounces (113 grams) diced avocado  
 4 ounces (113 grams) reduced-fat shredded jack cheese  
 4 (10-inch/25-centimeter) tortillas  
 1 cup (240 grams) sour cream  
 ¼ cup (64 grams) store-bought salsa verde  
 ¼ cup (4 grams) chopped cilantro

Assemble burritos by adding chicken, avocado and cheese down center of tortilla. Roll by folding up the

bottom and then folding in one side and then the other. Wrap individually and store in the fridge.

When ready to serve, heat on a dry skillet or in a low oven for a few minutes. Serve with sour cream, salsa verde and cilantro. Makes 4 servings.

*Per serving: 377 calories | 29 grams protein | 35 grams carbs | 14 grams fat*

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### MAKE-AHEAD TOFU-AVOCADO BURRITOS

VEGETARIAN

8 ounces (227 grams) diced firm tofu  
 4 ounces (113 grams) diced avocado  
 4 ounces (113 grams) reduced-fat shredded jack cheese  
 4 (10-inch/25-centimeter) tortillas  
 1 cup (240 grams) sour cream  
 ¼ cup (64 grams) store-bought salsa verde  
 ¼ cup (4 grams) chopped cilantro

Assemble burritos by adding tofu, avocado and cheese down center of tortilla. Roll by folding up the bottom and then folding in one side and then the other. Wrap individually and store in the fridge.

When ready to serve, heat on a dry skillet or in a low oven for a few minutes. Serve with sour cream, salsa verde and cilantro. Makes 4 servings.

*Per serving: 501 calories | 18 grams protein | 43 grams carbs | 28 grams fat*

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## SANDWICHES, FLATBREADS AND WRAPS

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### OPEN-FACED TURKEY AND CORNED BEEF REUBEN

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1 pat butter  
2 tablespoons *Thousand Island Dressing*  
2 slices rye bread  
4 ounces (113 grams) turkey breast deli meat (organic, pasture-raised, if available)  
2 ounce (57 grams) corned beef (organic, if available)  
2 ounces (57 grams) low-fat Swiss cheese, sliced  
2 tablespoons sauerkraut  
2 teaspoons Dijon mustard

Melt butter in a large skillet set over medium heat. Spread 1 tablespoon *Thousand Island Dressing* on each slice of bread, then place bread, dressing-side up, in skillet. To each slice of bread, add half the turkey, corned beef, cheese, sauerkraut and mustard.

Reduce heat to medium-low, cover skillet with a lid and let cook about 5 minutes. Check halfway through to make sure bread has not gotten too crisp. Makes 1 serving.

*614 calories | 61 grams protein | 38 grams carbs | 22 grams fat*

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### OPEN-FACED VEGETARIAN TURKEY AND VEGETARIAN CORNED BEEF REUBEN

---

1 pat butter  
2½ tablespoons *Thousand Island Dressing*  
2 slices rye bread  
4 ounces (113 grams) vegetarian turkey breast lunch meat (such as Tofurky)  
2 ounces (57 grams) vegetarian corned beef (such as Worthington Plant Powered Deli Slices)  
2 ounces (57 grams) low-fat Swiss cheese, sliced  
2 tablespoons sauerkraut  
2 teaspoons Dijon mustard

Melt butter in a large skillet set over medium heat. Spread 1 tablespoon *Thousand Island Dressing* on each slice of bread, then place bread, dressing-side up, in skillet. To each slice of bread, add half the vegetarian turkey, vegetarian corned beef, cheese, sauerkraut and mustard.

Reduce heat to medium-low, cover skillet with a lid and let cook about 5 minutes. Check halfway through to make sure bread has not gotten too crisp. Makes 1 serving.

*785 calories | 50 grams protein | 52 grams carbs | 41 grams fat*

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### PLANT-BASED DELI SANDWICH WITH AVOCADO

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VEGAN

2 tablespoons *Simple Homemade Spreadable Cashew Cheese* or soft plant-based cheese of choice  
1 large (3-ounce/85-gram) whole-grain sandwich roll, split  
2 tablespoons drained sliced pepperoncinis (banana pepper rings)  
3 thin slices large vine-ripened tomato  
¼ cup (35 grams) extra-thinly sliced English cucumbers  
1.5 ounces (43 grams) meatless smoked deli slices (about 3 thin slices)  
½ cup (15 grams) packed fresh baby arugula  
¾ teaspoon lemon juice  
⅛ teaspoon sea salt  
⅛ teaspoon freshly ground black pepper  
¼ large or ½ small Hass avocado, sliced

Spread cashew cheese onto both cut sides of roll. To bottom-roll portion, add pepperoncinis, tomatoes, cucumbers and deli slices. In a small bowl, toss arugula with lemon juice, salt and pepper; add onto deli slices. To top-roll portion, firmly add avocado, then place onto arugula to form sandwich. Cut in half, if desired. Makes 1 serving.

*501 calories | 25 grams protein | 61 grams carbs | 21 grams fat*

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# SOUPS AND SALADS

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## APPLE, CRANBERRY AND WALNUT SALAD

VEGETARIAN

2 cups (40 grams) mixed greens or spring mix  
¼ green apple, sliced thin or diced  
1 tablespoon dried cranberries  
2 tablespoons walnuts  
2 tablespoons crumbled feta cheese  
2 tablespoons diced red onions

### *Dressing*

1 tablespoon olive oil  
1 tablespoon apple cider vinegar  
1 tablespoon orange juice  
¼ teaspoon Dijon mustard  
¼ teaspoon minced garlic  
salt and pepper, to taste

Combine all dressing ingredients in a small bowl and whisk together. Set aside.

Assemble salad ingredients in a large bowl. Drizzle dressing on top. Toss well to coat. Makes 1 serving.

*342 calories | 6 grams protein | 20 grams carbs | 28 grams fat*

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## BROCCOLI AND TOFU SALAD À LA JORDANA

VEGETARIAN/VEGAN OPTION

*RECIPE BY MARIE NOFTZ, MPC2021 PEAKER, GERMANY*

1 teaspoon coconut oil  
7 ounces (200 grams) smoked tofu, cubed  
7 ounces (200 grams) broccoli, chopped  
1 medium zucchini, chopped  
dash salt  
dash pepper  
3.5 ounces (100 grams) cherry tomatoes, halved  
2 tablespoons cashews  
1 tablespoon dried cranberries (unsweetened)

### *Dressing*

3 teaspoons vegan or regular mayonnaise  
zip of almond/oat/cow milk  
splash white-wine vinegar

Combine dressing ingredients in a small bowl and whisk together. Set aside.

Heat coconut oil in a skillet set over medium-high heat. Add smoked tofu and saute until light brown. Set aside in a bowl.

Add broccoli and zucchini to skillet, season with salt and pepper, and cook until softened. Add vegetables to bowl with tofu and let cool.

Add remaining ingredients to bowl. Add dressing and toss to combine, adding more salt and pepper (to taste). Makes 2 servings.

*Per serving: 336 calories | 27 grams protein | 23 grams carbs | 18 grams fat*

### CHICKEN, PECAN AND PEAR SALAD

---

6 cups mesclun greens  
5 ounces (140 grams) roasted chicken, roughly chopped  
2 medium pears, sliced  
2 tablespoons whole or chopped pecans

#### *Breadcrumbs*

2 slices whole-grain bread, chopped into ½-inch squares  
2 teaspoons olive oil  
⅛ teaspoon dried basil (optional)  
⅛ teaspoon dried oregano (optional)  
⅛ teaspoon ground black pepper

#### *Dressing*

2 teaspoons olive oil  
1 teaspoon maple syrup  
juice of ½ lemon (about 2 tablespoons)  
¼ teaspoon Dijon mustard  
dash sea salt and pepper

Heat oven to 350°F/180°C. Toss breadcrumbs with oil and spices (if desired) until evenly coated and place on a baking tray. Bake about 15 minutes, or until lightly browned. Meanwhile, whisk dressing ingredients in a mixing bowl. Toss dressing with greens. Top with warm or cold chicken, pears, pecans and croutons. Makes 2 servings.

*Per serving: 445 calories | 27 grams protein | 47 grams carbs | 10 grams fat*

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### CHICKEN SALAD

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12 ounces (340 grams) boneless, skinless chicken breast  
2 stalks celery, diced  
4 ounces (113 grams) reduced-fat Greek yogurt  
1 tablespoon dill relish  
2 teaspoons whole-grain mustard  
4 leaves bibb, butter or romaine lettuce

Dice chicken breast and combine with celery, yogurt, relish and mustard. Stir well to combine, then serve in lettuce leaves. Makes 2 servings.

*Per serving: 258 calories | 44 grams protein | 6 grams carbs | 6 grams fat*

## CHICKEN TORTILLA SOUP

24 ounces (680 grams) chicken breast  
 1 tablespoon olive oil  
 1 yellow onion, chopped  
 4 cloves garlic, minced  
 1 jalapeño, seeds removed, minced  
 1 teaspoon ground cumin  
 1 teaspoon chili powder  
 1 teaspoon Worcestershire sauce  
 ½ cup (120 milliliters) white wine vinegar  
 1 (28-ounce/794-gram) can crushed tomatoes,  
 fire-roasted, if available  
 1 (15-ounce/424-gram) can black beans, drained  
 1½ cups (246 grams) yellow corn  
 24 ounces (680 milliliters) chicken broth or water  
 1 ripe avocado (to garnish)  
 1 bunch cilantro (to garnish)  
 ½ lime, juiced (to garnish)

*Tortilla Strips*

4 corn tortillas  
 4 teaspoons avocado oil  
 1 lime, juiced  
 2 tablespoons chili powder  
 1 teaspoon sea salt

Preheat oven to 400°F/200°C. Place chicken in a baking dish with about 2 inches water. Bake chicken until cooked through, about 30 minutes.

When chicken is almost done baking, place a 4-quart (3.79-liter) or larger soup pot over medium heat and add olive oil and onions and saute until translucent, about 5 minutes. Add garlic, jalapeños, spices and Worcestershire sauce and stir to combine.

Remove chicken from oven and shred with 2 forks. (Keep oven on to prepare tortilla strips.) Add chicken and any liquid to soup pot. Add vinegar, tomatoes, beans, corn and chicken broth or water and stir to combine. Bring to a boil on high heat. Then reduce to a simmer for 20 minutes.

While soup is simmering on medium-low heat, prepare tortilla strips. Preheat oven to 400°F/200°C (if it's not already on from preparing chicken). Place tortillas on baking tray. In a bowl, combine oil, lime juice, chili powder and sea salt. Brush tortillas with mixture. Bake 8 to 10 minutes, or until tortillas are slightly crisp. Cut into strips to sprinkle on soup.

Top each bowl of soup with tortilla strips, avocado pieces, chopped cilantro and a squeeze of lime juice. Makes 4 servings.

*Per serving: 496 calories | 48 grams protein | 47 grams carbs | 14 grams fat*

## CHICKPEA CHOPPED SALAD

VEGETARIAN

½ cup (82 grams) chickpeas  
 1 cup (140 grams) frozen peas and carrots, thawed  
 2 cups (112 grams) chopped romaine lettuce  
 ½ cup (113 grams) Greek yogurt  
 1 tablespoon lemon juice  
 ½ teaspoon Dijon mustard  
 ⅛ teaspoon onion powder  
 ⅛ teaspoon garlic powder  
 ⅛ teaspoon oregano

Combine chickpeas, peas and carrots, and lettuce in a bowl. Meanwhile, whisk together remaining ingredients and toss with salad. Makes 1 serving.

*250 calories | 21 grams protein | 34 grams carbs | 4 grams fat*

## CHOPPED SALAD

VEGETARIAN

1 cup (110 grams) fresh green beans, cut into 1-inch pieces  
 2 cups (94 grams) chopped romaine lettuce  
 ¼ cup (37 grams) halved cherry tomatoes  
 ¼ cup (33 grams) diced cucumbers  
 2 tablespoons diced carrots  
 2 tablespoons diced red onions  
 2 hard-boiled eggs, peeled and cut in half  
 2 tablespoons canned corn, drained  
 2 tablespoons chickpeas, drained  
 2 tablespoons fresh mozzarella cheese, diced

*Dressing*

1 tablespoon olive oil  
 1 tablespoon lemon juice  
 1 teaspoon dried oregano or Italian seasoning blend  
 salt and pepper, to taste

Fill a small saucepan with water and set over high heat. When boiling, add green beans and blanch 3 to 5 minutes, or until bright green. Immediately drain and plunge green beans into a bowl of ice water. Drain and set aside.

In a small bowl, whisk together dressing ingredients. Set aside.

In a large serving bowl, assemble remaining salad ingredients and add green beans. Drizzle with dressing and toss gently to coat. Makes 1 serving.

*526 calories | 25 grams protein | 34 grams carbs | 33 grams fat*

## COCONUT CURRY LENTIL SOUP

VEGAN

2 tablespoons extra-virgin olive oil or coconut oil  
 1 small yellow or white onion, finely chopped  
 2 cloves garlic, minced  
 2-inch piece ginger, finely chopped  
 1 tablespoon curry powder  
 ¼ teaspoon crushed red pepper flakes  
 ⅛ teaspoon sea salt  
 ¼ teaspoon ground black pepper  
 1 cup (192 grams) red lentils, dry  
 1 (14.5-ounce/411-gram) can crushed tomatoes  
 1 cup (46 grams) cilantro leaves, divided  
 3 cups (711 milliliters) vegetable broth or water  
 1 (13.5-ounce/383-milliliter) can unsweetened coconut milk, shaken

Heat oil in a large saucepan set over medium heat. Add onions and cook until soft, about 5 minutes. Add garlic, ginger, curry powder, red pepper flakes, sea salt and pepper and stir until fragrant, about 3 minutes.

Add lentils and cook, stirring to combine flavors. Add tomatoes, half the cilantro, broth or water, and coconut milk. Bring mixture to a boil, then reduce heat to a simmer, stirring occasionally, until lentils are soft but not mushy, about 20 minutes. When ready to serve, top each serving with remaining cilantro. Makes 4 servings (~2 cups/460 grams each).

*Per serving: 460 calories | 17 grams protein | 40 grams carbs | 28 grams fat*

## COUSCOUS SALAD

VEGETARIAN

1¼ cups (295 milliliters) water  
 1 cup (173 grams) whole-wheat or pearl couscous (dry)  
 3 tablespoons lemon juice  
 3 tablespoons extra-virgin olive oil  
 2 teaspoons Dijon mustard  
 ½ teaspoon salt  
 ¼ teaspoon black pepper  
 2 cups (298 grams) cherry tomatoes, halved  
 ½ cup (75 grams) crumbled feta cheese  
 2 cups (40 grams) arugula  
 1 English cucumber, diced  
 ⅓ cup (20 grams) finely chopped fresh parsley

Bring water to a boil in a medium saucepan. Add couscous and return to a boil. Cover and reduce heat to a simmer. Cook until liquid is absorbed, about 20 minutes. Fluff with a fork and set aside.

In a small bowl, whisk together lemon juice, olive oil, mustard and seasoning. Taste and adjust seasoning, if desired. Add to warm couscous and toss well. Place couscous in the fridge until it cools.

When ready to serve, add tomatoes, feta, arugula, cucumbers and parsley. Toss well. Makes 4 servings.

*Per serving: 334 calories | 10 grams protein | 41 grams carbs | 15 grams fat*

## CREAMY CHICKEN AND WILD RICE SOUP

2 tablespoons salted butter  
 1 clove garlic, minced  
 1 small yellow onion, chopped  
 1 medium celery stalk, diced  
 1 medium carrot, diced  
 ¼ cup (30 grams) all-purpose flour  
 3 cups (720 milliliters) low-sodium chicken broth  
 ¼ teaspoon dried thyme  
 ¼ teaspoon dried sage  
 ¼ teaspoon dried rosemary  
 ¼ teaspoon black pepper  
 ¼ teaspoon salt  
 1 pound (454 grams) boneless, skinless chicken breast, cubed  
 1 cup (180 grams) wild rice, dry  
 ½ cup (120 milliliters) heavy whipping cream or half-and-half

In a large pot over medium-high heat, melt butter and add garlic, onions, celery and carrots. Cook, stirring frequently, until vegetables are tender and onions are translucent, about 5 to 7 minutes. Add flour to pot and stir well for about 30 seconds. Slowly add chicken broth to pot, stirring frequently to avoid clumps. Then add seasoning.

Add cubed chicken and rice to pot. Stir well. Cover and simmer 30 to 40 minutes, or until rice is tender. Using a fork, carefully shred chicken (or you can leave it cubed). Stir in cream or half-and-half while stirring continuously. Allow to simmer an additional 5 minutes before serving. Adjust salt and pepper, if needed. As soup cools, it will thicken slightly. Makes 4 servings.

*Per serving: 508 calories | 36 grams protein | 45 grams carbs | 20 grams fat*

## GREEN BEAN AND RED POTATO SALAD

VEGAN

2 pounds (907 grams) red potatoes, medium diced  
 1 pound (454 grams) green beans, cut into 1-inch (2½-centimeter) pieces  
 ½ cup (120 milliliters) red wine vinegar  
 ¼ cup (59 milliliters) extra-virgin olive oil  
 2 tablespoons minced shallots or red onions  
 2 tablespoons chopped thyme  
 1 tablespoon Dijon mustard  
 ¼ teaspoon black pepper  
 ⅛ teaspoon salt  
 1 cup (60 grams) parsley, chopped

Place a large colander or steamer basket over a large saucepan or soup pot. Add about 2 inches water to pot and cover with a lid. Bring water to a boil. Place potatoes in steamer basket and steam 10 minutes. Add green beans and steam 5 more minutes. Meanwhile, combine dressing ingredients, preferably in a blender. Toss potatoes and green beans with dressing. Add parsley and mix to combine. Makes 8 servings.

*Per serving: 168 calories | 4 grams protein | 21 grams carbs | 8 grams fat*

### HAM AND BEAN SOUP

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1 pound (454 grams) dry white beans, like Northern or cannellini  
 2-3 pounds (907 to 1,360 grams) *Baked Ham Shank*  
 1 tablespoon olive oil  
 1 small onion, diced  
 2 medium celery stalks, diced  
 1 medium carrot, chopped  
 2-3 garlic cloves, minced  
 8 cups (1,920 milliliters) low-sodium vegetable broth  
 2 teaspoons Italian seasoning  
 ¼ teaspoon salt  
 ¼ teaspoon black pepper

Fill a large pot with water and bring to a boil. Turn off heat and add beans. Allow to soak 2 hours. Then drain water.

Cut ham shank into bite-size pieces.

Heat olive oil in a saute pan over medium heat. Add onions, celery and carrots. Cook until translucent and tender, about 5 to 7 minutes. Add garlic and cook 1 minute more.

Add vegetable broth, diced ham, beans, cooked vegetables and seasoning to a large soup pan. Bring to a boil. Then reduce heat to a simmer and cook 40 minutes uncovered, or until beans are tender. Serve with fresh parsley or hot sauce. Makes 8 servings.

*Per serving: 484 calories | 36 grams protein | 47 grams carbs | 17 grams fat*

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### PESTO ZOODLE SALAD WITH CHICKEN

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2 cups (226 grams) zucchini noodles  
 ½ cup (28 grams) baby spinach, chopped  
 8 ounces (227 grams) cooked chicken breast  
 ¼ cup (60 milliliters) basil pesto  
 salt and pepper, to taste  
 2 tablespoons shaved Parmesan cheese  
 2-3 fresh basil leaves, thinly sliced

In a large bowl, combine zucchini, spinach, chicken and pesto. Season with salt and pepper (to taste). Top with Parmesan cheese and fresh basil leaves. Serve chilled or at room temperature. Makes 2 servings.

*Per serving: 308 calories | 31 grams protein | 7 grams carbs | 17 grams fat*

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### PESTO ZOODLE SALAD WITH TOFU

VEGETARIAN

2 cups (226 grams) zucchini noodles  
 ½ cup (15 grams) baby spinach, chopped  
 1 (14-ounce/396-gram) package extra-firm tofu, cut into bite-size pieces  
 ¼ cup (62 grams) basil pesto  
 salt and pepper, to taste  
 2 tablespoons shaved Parmesan cheese  
 2-3 fresh basil leaves, thinly sliced

In a large bowl, combine zucchini, spinach, tofu and pesto. Season with salt and pepper (to taste). Top with shaved Parmesan cheese and fresh basil leaves. Serve chilled or at room temperature. Makes 2 servings.

*Per serving: 329 calories | 23 grams protein | 13 grams carbs | 22 grams fat*

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## PLANT-BASED SWEET POTATO CHOWDER

VEGAN

1 tablespoon extra-virgin olive oil  
 1 large shallot, chopped  
 1 pound (454 grams) sweet potatoes (1-2 sweet potatoes),  
 scrubbed, peeled\* and cubed  
 ¾ teaspoon ground coriander  
 ½ teaspoon sea salt  
 pinch cayenne pepper  
 2 cups (473 milliliters) vegetable broth  
 1 teaspoon cider vinegar  
 3 tablespoons fresh cilantro leaves

Heat oil in a large saucepan over medium-high. Add shallots and saute until softened and lightly browned, about 3 minutes. Add sweet potatoes, coriander, salt and cayenne and cook while stirring until well-combined, about 1 minute.

Add broth and bring to a full boil over high heat. Reduce heat to low, place on a lid slightly ajar and simmer until sweet potatoes are fork-tender, about 15 minutes. Transfer 1 cup chowder mixture to a blender and puree until smooth. Add pureed chowder back to saucepan over low heat and stir. Stir in vinegar. Adjust seasoning. Ladle chowder into bowls, top with the cilantro and serve. Makes 3 servings (1 cup/240 milliliters each).

*Per serving: 196 calories | 3 grams protein | 37 grams carbs | 5 grams fat*

\*To prevent waste, saute the sweet potato peels in olive oil, season with a pinch of salt and sprinkle onto the soup as a garnish — or just enjoy as is.

## WARM BEET SALAD

4 red beets  
 2 tablespoons olive oil  
 ¼ teaspoon salt  
 ⅛ teaspoon black pepper  
 4 cups (80 grams) baby arugula  
 ¼ cup (27 grams) toasted pecans  
 ¼ cup (30 grams) dried cranberries  
 ⅓ cup (37 grams) crumbled goat cheese  
 2 servings *Balsamic Vinaigrette Dressing*

Line a baking sheet with parchment paper or aluminum foil and set aside. Preheat oven to 400°F/200°C.

Wash, peel and cut beets into ½- to ¾-inch wedges. Add wedges to a large zippered bag. Pour in olive oil, salt and black pepper. Seal bag and shake around so beets become evenly coated. Arrange coated beets on prepared baking pan. Bake 25 to 30 minutes, or until beets are tender. Allow to cool slightly before slicing.

Arrange arugula, pecans, dried cranberries and goat cheese on 2 plates. Drizzle with vinaigrette dressing and top with warm beets. Makes 4 servings.

*Per serving: 224 calories | 3 grams protein | 14 grams carbs | 19 grams fat*

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# PASTA

## BASIL-BUTTER PASTA

VEGETARIAN

4 ounces (114 grams) dry noodles of choice  
2 tablespoons salted butter, divided  
1 clove garlic, minced  
¼ teaspoon black pepper  
2 tablespoons grated Parmigiano-Reggiano cheese  
¼ cup (10 grams) fresh basil, roughly chopped

Cook pasta noodles according to package directions, or until al dente. Reserve 4 tablespoons pasta water.  
Melt 1 tablespoon butter in a medium skillet over

medium-high heat. Add garlic and pepper and cook 1 to 2 minutes, stirring occasionally. Reduce heat to a simmer; add 2 tablespoons pasta water, pasta, remaining butter and cheese to pan. Toss well. Remove from heat and add basil; toss gently. Add more pasta water, if needed, to thin sauce. Makes 2 servings.

*Per serving: 371 calories | 10 grams protein | 42 grams carbs | 17 grams fat*

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## CHICKEN LO MEIN

8 ounces (227 grams) dry spaghetti noodles (high-protein, high-fiber variety recommended)  
2 teaspoons olive oil  
1 teaspoon sesame oil  
1 pound (454 grams) boneless, skinless chicken breast, sliced into thin strips  
1 tablespoon minced garlic  
½ yellow onion, sliced  
1 cup (105 grams) snow peas  
1 cup (128 grams) shredded carrots  
1 cup (70 grams) sliced mushrooms  
1 medium red bell pepper, sliced

### *Sauce*

3 tablespoons low-sodium soy sauce  
3 tablespoons hoisin sauce  
1 teaspoon sesame oil

In a small bowl, whisk together sauce ingredients. Set aside.

Bring a large pot of water to a boil. Cook spaghetti according to package directions, undercooking by 1 minute, if desired.

Meanwhile, add olive oil and sesame oil to a large nonstick skillet set over medium heat. Once hot, add chicken and garlic. Cook, stirring frequently, until chicken is cooked through. Remove chicken from pan and set aside.

Add all vegetables to pan. Return to heat and cook, stirring constantly, until tender, about 3 to 4 minutes. Add cooked noodles, chicken and sauce to pan and toss well to combine. Continue to cook another 1 to 2 minutes. Makes 4 servings.

*Per serving: 461 calories | 38 grams protein | 54 grams carbs | 10 grams fat*

## EASY PEANUTTY STIR-FRY NOODLES WITH VEGETABLES

VEGAN

2 ounces (56 grams) dry brown rice pad thai noodles or linguine of choice  
 1½ teaspoons avocado oil or sunflower oil  
 2 scallions, thinly sliced, green and white parts separated  
 2 cups (225 grams) thinly sliced, fresh non-starchy vegetables, such as zucchini, bell peppers or baby bellas  
 ¼ cup (68 milliliters) bottled natural or organic Thai-style peanut sauce  
 pinch hot red pepper flakes  
 1½ tablespoons roasted, salted peanuts

Prepare noodles according to package directions in a medium saucepan. Drain, toss with ice cubes to cool (or rinse with cold water) and drain again.

Meanwhile, heat oil in a stick-resistant wok or large skillet over medium-high. Add white part of scallions and stir-fry until fragrant, about 30 seconds. Add vegetables and stir-fry until browned, about 5 minutes. Add peanut sauce, drained noodles and red pepper flakes and cook while stirring until steamy, about 1 minute. Add green part of the scallions.

Transfer to a bowl, top with peanuts and serve. Makes 1 serving (about 1½ cups/300 grams each).

*680 calories | 26 grams protein | 73 grams carbs | 34 grams fat*

## GREEK ORZO SALAD

VEGETARIAN

12 ounces (340 grams) uncooked orzo pasta  
 1 (6-ounce/170-gram) jar marinated artichoke hearts, drained  
 1 tomato, chopped  
 1 cucumber, chopped  
 1 small red onion, chopped  
 1 cup (150 grams) crumbled feta cheese (use nondairy cheese for vegan version)  
 1 (2-ounce/58-gram) can black olives, drained (optional)  
 1 tablespoon lemon juice  
 1 tablespoon olive oil  
 ½ teaspoon dried oregano  
 ½ teaspoon black pepper

Cook orzo according to package directions, drain and let cool for about 10 minutes. Then add orzo to a large bowl with all other ingredients. Toss and chill 1 hour in the refrigerator before serving. Makes 6 servings.

*Per serving: 365 calories | 11 grams protein | 48 grams carbs | 15 grams fat*

## GROUND BEEF BAKED PASTA

1 tablespoon olive oil  
 1 medium onion, chopped  
 1 large carrot, diced  
 3 cloves garlic, minced  
 1 tablespoon Italian seasoning  
 ¼ teaspoon salt  
 ¼ teaspoon black pepper  
 1 pound (454 grams) 93% lean ground beef  
 3 cups (720 milliliters) low-sodium beef or chicken broth  
 1 tablespoon red wine vinegar  
 2 tablespoons no-salt-added tomato paste  
 12 ounces (336 grams) dry rigatoni noodles  
 1 (15-ounce/425-gram) can crushed tomatoes  
 4 ounces (112 grams) fresh mozzarella cheese, cut into ½-inch-thick slices  
 ¼ cup (25 grams) grated Parmigiano-Reggiano cheese  
 fresh basil, chopped

Preheat oven to 350°F/180°C.

Heat olive oil in a large saute pan over medium heat. Add onions and carrots and cook until soft and translucent, about 3 to 4 minutes. Then add garlic and cook an additional minute. Add Italian seasoning, salt and black pepper. Add beef; break up beef with a wooden spoon or spatula. Cook beef, stirring occasionally, for 5 minutes. Stir in broth, vinegar, tomato paste, pasta and tomatoes and bring to a boil. Cook 13 minutes, stirring frequently, or until pasta is almost done. Season with salt and pepper, if needed.

Transfer pasta to a baking dish. Arrange mozzarella over the top followed by Parmigiana-Reggiano cheese. Bake 15 minutes, or until pasta is done. Sprinkle with chopped fresh basil before serving. Makes 6 servings.

*Per serving: 464 calories | 32 grams protein | 51 grams carbs | 14 grams fat*

## LEMON PESTO PASTA

VEGETARIAN

4 ounces (114 grams) dry angel hair (thin) spaghetti noodles  
 2 servings *Homemade Pesto*  
 1 lemon, cut in half  
 2 tablespoons toasted pine nuts  
 Parmigiano-Reggiano cheese

Cook pasta according to package directions, or until al dente. Drain. Toss in 2 servings pesto, lemon juice and toasted pine nuts. Top with fresh grated Parmigiano-Reggiano cheese before serving. Makes 2 servings.

*Per serving: 363 calories | 10 grams protein | 45 grams carbs | 17 grams fat*

## MACARONI SALAD

VEGETARIAN

4 ounces (112 grams) dry elbow noodles  
 ½ cup (112 grams) mayonnaise  
 ½ cup (124 grams) low-fat sour cream  
 1 teaspoon Dijon mustard  
 1 teaspoon apple cider vinegar  
 1 medium red bell pepper, seeded and chopped  
 1 medium celery stalk, chopped  
 1 cup (134 grams) frozen peas, thawed  
 ½ cup (75 grams) halved cherry tomatoes  
 salt and pepper, to taste

Cook noodles according to package directions. Drain and set aside.

In a large bowl, combine mayonnaise, sour cream, mustard and apple cider vinegar with a spoon or spatula.

Add cooked pasta, peppers, celery, peas and tomatoes to bowl. Toss well to combine. Season with salt and pepper (to taste).

Refrigerate until ready to serve, at least 1 hour. Makes 4 servings.

*Per serving: 383 calories | 7 grams protein | 30 grams carbs | 26 grams fat*

**Note:** *This recipe requires time to refrigerate.*

## ONE-POT PASTA

VEGAN

8 ounces (224 grams) dry pasta, like rotini or ziti  
 2 cups (298 grams) cherry tomatoes, halved  
 2 teaspoons minced garlic  
 1 small onion, chopped  
 1 small zucchini, cut into bite-size pieces  
 ⅓ cup (24 grams) mushrooms, like cremini or baby bella  
 ½ teaspoon salt  
 ¼ teaspoon black pepper  
 1¼ cup (312 grams) marinara sauce  
 2½ cups (600 milliliters) water  
 1 cup (30 grams) fresh spinach

Add dry pasta to a large saute pan with deep sides. Add all remaining ingredients except spinach and stir well. Heat over high heat until boiling. Then reduce heat to a simmer over medium-low heat. Cook 10 to 14 minutes, or until al dente, stirring occasionally. Remove from heat and stir in spinach. Makes 4 servings.

*Per serving: 279 calories | 10 grams protein | 53 grams carbs | 2 grams fat*

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## PENNE WITH TUNA

8 ounces (227 grams) dry penne pasta of choice (chickpea, whole-grain or high-protein option recommended)  
 1 tablespoon olive oil  
 1 small red onion, finely chopped  
 salt and pepper, to taste  
 2 (5-ounce/142-gram) cans solid white tuna in water, drained  
 1 (14.5-ounce/411-gram) can diced tomatoes  
 4 ounces (113 grams) baby spinach, washed  
 1 tablespoon fresh oregano leaves, chopped

Heat oil in a medium skillet placed over medium heat. Add onions, season with salt and pepper (to taste), and cook until tender, about 5 minutes.

Add tuna and tomatoes, cook another 5 minutes, then remove to a plate.

Add penne and spinach to skillet and stir until wilted. Combine with tuna and tomatoes and season with salt and pepper (to taste). Top with oregano. Makes 4 servings.

*Per serving: 327 calories | 26 grams protein | 49 grams carbs | 6 grams fat*

Cook pasta according to package directions, drain and set aside.

## RICOTTA PARMESAN SPINACH PASTA

VEGETARIAN

½ cup (100 grams) dry elbow noodles or shells  
 (high-protein or chickpea pasta recommended)  
 ½ cup (100 grams) dry rotini pasta noodles  
 (high-protein or chickpea pasta recommended)  
 1 tablespoon olive oil  
 1 teaspoon crushed garlic  
 2 cups (113 grams) fresh baby spinach  
 1 cup (246 grams) whole-milk ricotta cheese  
 ¼ cup (25 grams) grated Parmesan cheese  
 ¼ teaspoon salt  
 ½ teaspoon black pepper  
 fresh lemon (optional, garnish)

Fill a large pot with water and a dash salt and bring to a boil. Add pasta and cook 8 to 10 minutes, or until desired firmness. Drain and set aside.

In a large skillet, heat olive oil over medium-high heat. Add garlic and cook, stirring about 1 minute. Add spinach and cook until wilted. Remove from pan and set aside. Add ricotta and Parmesan cheeses to skillet. Season with salt and pepper. Return to medium heat and cook, stirring, about 1 to 2 minutes.

Add pasta and spinach back to skillet. Toss well to combine. Serve with a squeeze of lemon juice on top (if desired). Makes 4 servings.

*Per serving: 482 calories | 28 grams protein | 71 grams carbs | 13 grams fat*

## SAUTEED KALE PASTA

VEGETARIAN

2 ounces (57 grams) whole-wheat pasta, dry  
 (about 1 cup/140 grams cooked)  
 1 serving *Sauteed Kale*  
 2 tablespoons grated Parmesan cheese

Cook pasta in boiling water until al dente. Meanwhile, prepare *Sauteed Kale* according to recipe. Drain pasta and then add it to a skillet with kale. Toss to combine, then plate. Top with cheese. Makes 1 serving.

*257 calories | 14 grams protein | 34 grams carbs | 10 grams fat*

## SHRIMP AND SAUTEED KALE PASTA

2 ounces (57 grams) whole-wheat pasta, dry  
 (about 1 cup/140 grams cooked)  
 1 serving *Sauteed Kale*  
 4 ounces (113 grams) shrimp, steamed  
 2 tablespoons grated Parmesan cheese

Cook pasta in boiling water until al dente. Meanwhile, prepare *Sauteed Kale* according to recipe. Drain pasta and then add it and shrimp to a skillet with kale. Toss to combine, then plate. Top with cheese. Makes 1 serving.

*465 calories | 42 grams protein | 57 grams carbs | 11 grams fat*

## SPAGHETTI CARBONARA-ISH

VEGETARIAN

1 pound (454 grams) dry spaghetti of choice (high-fiber/  
high-protein or multigrain option recommended)  
1 tablespoon olive oil  
1 small onion, diced  
2 garlic cloves, minced  
2 large eggs  
 $\frac{3}{4}$  cup grated Parmesan cheese  
1 cup reserved pasta water

Bring a large pot of salted water to a boil. Add spaghetti and cook according to package directions. Drain, reserve 1 cup of pasta water and set aside. Return pasta to pot.

Meanwhile, heat oil in a skillet set over medium heat. Add onions and garlic and cook, stirring occasionally, until onions are soft, about 3 minutes.

Whisk eggs and cheese in a small bowl. Add egg mixture to pasta and immediately (so it doesn't curdle) stir and toss together. Add onions and half the reserved pasta water. Toss to coat well and serve immediately. If not serving immediately, toss with remaining  $\frac{1}{2}$  cup warm pasta water before serving. Makes 6 servings.

*Per serving: 408 calories | 22 grams protein | 53 grams carbs | 11 grams fat*

## SUMMER PASTA SALAD

VEGETARIAN/VEGAN

1 (16-ounce/420-gram) package dry whole-wheat or  
brown-rice pasta  
1 yellow summer squash, cut into thin triangles  
1 zucchini, cut into thin triangles  
2 cups (298 grams) grape tomatoes, halved  
1 small shallot, cut into 1-inch-long thin slices  
 $\frac{1}{2}$  cup (21 grams) fresh basil, cut into thin strips

*Dressing*

2 tablespoons flax oil  
 $\frac{1}{4}$  cup (60 milliliters) balsamic vinegar  
1 teaspoon Dijon mustard  
1 teaspoon maple syrup  
2 cloves garlic, minced  
 $\frac{1}{8}$  teaspoon sea salt  
 $\frac{1}{4}$  teaspoon ground black pepper  
2 tablespoons water

Cook pasta according to package directions, then rinse under cool water to stop the cooking process. Place dressing ingredients in a blender and blend until smooth. Toss pasta with vegetables and dressing. Serve immediately or cover and chill in the refrigerator. Makes 4 servings.

*Per serving: 464 calories | 19 grams protein | 84 grams carbs | 9 grams fat*

## THAI CRAB PASTA

8 ounces (227 grams) soba noodles or whole-wheat pasta  
1 tablespoon olive oil  
1 red bell pepper, cut into 1-inch-long thin strips  
6 scallions, thinly sliced  
4 cloves garlic, minced  
1 pound (454 grams) lump crab meat  
1 teaspoon cornstarch  
1 tablespoon tamari soy sauce  
juice of 1 lime  
8 cups (240 grams) fresh spinach  
½ cup (21 grams) fresh basil, chopped  
¼ cup (13 grams) fresh mint, chopped

Cook pasta according to package directions, reserving  
½ cup (120 milliliters) cooking water when you drain it.  
When cooked, place pasta in a large bowl.

Meanwhile, heat oil in a large skillet over medium heat and add red peppers, scallions and garlic. Saute until peppers are softened, about 5 minutes. Add crab meat and toss to combine.

Place cornstarch in a small bowl and stir in reserved pasta water. Whisk with a fork while gradually adding soy sauce and lime juice until well-blended. Pour mixture into skillet with crab mixture. Stir constantly until sauce is slightly thickened, about 1 minute. Add spinach and cover with a lid to steam, about 3 minutes.

Pour crab mixture over pasta and add basil and mint, tossing to combine. Makes 4 servings.

*Per serving: 343 calories / 35 grams protein / 51 grams carbs / 4 grams fat*

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# MAINS

## BEEF

### BEEF AND BISCUIT BAKE WITH VEGGIES

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12 ounces (340 grams) fresh Brussels sprouts, halved  
2 medium carrots, sliced  
2 teaspoons olive oil  
1 teaspoon dried thyme  
¼ teaspoon black pepper  
1 pound (454 grams) 93% lean ground beef  
1 small onion, chopped  
5 teaspoons butter  
½ teaspoon salt  
3 tablespoons all-purpose flour  
1 cup (240 milliliters) low-fat milk  
¾ cup (180 milliliters) water  
½ cup (36 grams) mushrooms, chopped  
½ recipe 2 *Ingredient Flaky Biscuits*

Preheat oven to 425°F/220°C. Coat a 2-quart baking dish with nonstick cooking spray and set aside. Line a baking pan with aluminum foil. Place Brussels sprouts and carrots in baking pan and drizzle with olive oil, thyme and black pepper. Toss to coat. Spread vegetables out evenly and roast uncovered 20 to 25 minutes, or until vegetables are tender and brown.

Add meat and onions to a large skillet over medium-high heat. Cook until meat is browned, using a wooden spoon to break up chunks. Drain in a colander.

In same skillet, melt butter over medium-high heat. In a small bowl, combine salt and flour. Add about half flour mixture to melted butter and whisk. Whisk remaining flour mixture into milk. Gradually stir milk mixture and water into butter mixture. Cook and stir until thickened, about 4 minutes. Then add roasted vegetables, meat and mushrooms; stir well.

Meanwhile, prepare batter for biscuits and form into 4 or 5 biscuits.

Spoon hot mixture into prepared baking pan. Top with biscuits. Bake, uncovered, 12 to 15 minutes, or until mixture is bubbly and biscuits are golden. Makes 4 servings.

*Per serving: 453 calories | 38 grams protein | 44 grams carbs | 14 grams fat*

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### BEEF STIR-FRY

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2 tablespoons sesame oil  
1 pound (454 grams) flank steak, cut into thin slices  
1½ cups (136 grams) broccoli florets  
1 medium bell pepper, cut into sticks  
2 small carrots, thinly sliced  
1 green onion, chopped  
1 garlic clove, minced  
2 tablespoons soy sauce  
2 tablespoons sesame seeds

Heat sesame oil in a large skillet or wok over medium-high heat. Add beef and cook, stirring regularly, until browned, about 3 to 4 minutes. Move beef to the side of skillet and add broccoli, bell peppers, carrots, green onions and garlic to the center. Cook vegetables 2 minutes, stirring frequently. Combine beef with vegetables and add soy sauce and sesame seeds. Continue to cook for about 2 more minutes until vegetables are tender. Serve warm with rice or noodles. Makes 4 servings.

*Per serving: 284 calories | 27 grams protein | 9 grams carbs | 16 grams fat*

GRILLED BROWN SUGAR BOURBON SIRLOIN STEAK
 

---

1 pound (454 grams) sirloin steak  
 ½ cup (118 milliliters) low-sodium beef broth  
 chopped green onions (optional, garnish)

*Marinade*

¼ cup (59 milliliters) soy sauce  
 ¼ cup (59 milliliters) store-bought barbecue sauce  
 ¼ cup (59 milliliters) bourbon  
 ¼ cup (61 grams) unsweetened applesauce  
 ¼ cup (40 grams) chopped white or yellow onions  
 2 teaspoons minced garlic  
 1 teaspoon ground ginger or 2 teaspoons grated fresh ginger  
 1 tablespoon olive oil  
 2 tablespoons apple cider vinegar  
 2 tablespoons brown sugar  
 ¼ teaspoon black pepper or red pepper flakes

Add all marinade ingredients to a medium bowl and stir to combine. Reserve ⅓ cup marinade and transfer the rest to a zip-top bag. Add steak to bag and let marinate in the fridge at least 30 minutes or overnight.

When ready to cook, preheat the grill to medium. Discard marinade in bag and grill steak about 8 to 10 minutes per side, or until cooked to desired doneness.

Add reserved marinade to a small saucepan; add beef broth and bring to a boil over medium-high heat. Once boiling, reduce heat to medium-low and continue to simmer until sauce has thickened, about 5 to 6 minutes.

Serve sauce over steaks. Add chopped green onions (if using). Makes 4 servings.

*Per serving: 339 calories | 35 grams protein | 17 grams carbs | 10 grams fat*

**Note:** *This recipe requires time to marinate.*

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 MINI MEATLOAVES SHEET PAN DINNER
 

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1 bunch broccoli, about 1½ pounds (680 grams)  
 2 tablespoons olive oil  
 dash salt and pepper  
 1 small onion  
 ½ teaspoon garlic powder  
 ¼ cup (28 grams) whole-wheat breadcrumbs  
 ¼ cup (59 milliliters) low-fat milk  
 1 large egg, beaten  
 5 tablespoons ketchup, divided  
 1 tablespoon Worcestershire sauce  
 1½ pounds (680 grams) 90% to 95% lean ground beef

Preheat oven to 425°F/220°C. Line a large-rimmed baking sheet with aluminum foil and spray with nonstick cooking spray.

In a medium bowl, toss broccoli with olive oil and season with salt and pepper.

Grate onion with a box grater into a large bowl. Add garlic powder, breadcrumbs, milk, egg, 2 tablespoons ketchup and Worcestershire sauce. Mix until well-combined. Add ground beef and season with salt and pepper, then gently mix to combine.

Divide meat mixture into 4 equal portions and shape into small loaves. Line them up at one end of baking sheet and add broccoli to empty portion of baking sheet. Brush top of each meatloaf with remaining ketchup.

Bake 25 to 30 minutes, or until broccoli is tender and meatloaves are cooked through. Let cool on pan for about 10 minutes before serving. Makes 4 servings.

*Per serving: 367 calories | 45 grams protein | 22 grams carbs | 11 grams fat*

## PICADILLO

---

2 tablespoons vegetable oil or olive oil  
 1 small onion, finely chopped  
 1 small bell pepper, cored, seeded and finely chopped  
 1 tablespoon tomato paste  
 2 garlic cloves, minced  
 2 teaspoons ground cumin  
 2 teaspoons dried oregano  
 ¼ teaspoon salt  
 ⅛ teaspoon black pepper  
 2 bay leaves  
 ⅓ cup (80 milliliters) dry white wine  
 1 pound (454 grams) 93% lean ground beef  
 1 cup (242 grams) diced canned tomatoes  
 1 tablespoon Worcestershire sauce  
 ¼ cup (36 grams) raisins  
 1 medium potato (Yukon Gold or red), cut into ¼-inch cubes

Heat oil in a large skillet over medium-high heat. Add onions and bell peppers, cook, stirring occasionally, until softened, about 5 to 7 minutes. Add tomato paste, garlic, cumin, oregano, salt, pepper and bay leaves. Stir and cook until fragrant, about 2 minutes. Add wine and cook until reduced, about 5 minutes.

Add meat and cook, using a wooden spoon to break up chunks, until no longer pink, about 5 to 7 minutes. Add tomatoes, Worcestershire sauce, raisins and potatoes. Cover, reduce heat to medium-low and simmer until potatoes are tender, about 12 minutes.

Remove cover and season to taste with salt and pepper. Discard bay leaves before serving. Serve with white rice and black beans. Makes 4 servings.

*Per serving: 334 calories | 27 grams protein | 24 grams carbs | 13 grams fat*

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## POPPY-SEED BEEF BURGERS

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½ pound (227 grams) extra-lean ground beef  
 ½ cup (54 grams) breadcrumbs (preferably whole-grain)  
 1 large egg, beaten  
 ¼ cup (40 grams) minced onions  
 ½ cup (30 grams) parsley, finely chopped  
 1 carrot, grated  
 4 cloves garlic, minced  
 2 tablespoons poppy seeds  
 2 tablespoons Worcestershire sauce  
 2 tablespoons brown mustard  
 2 tablespoons honey  
 ½ cup (60 grams) onion slices  
 2 cups (60 grams) raw spinach  
 2 whole-grain hamburger buns or English muffins

Preheat oven to 375°F/190°C. Combine beef, breadcrumbs, egg, minced onions, parsley, carrots, garlic, poppy seeds, Worcestershire sauce, mustard and honey in a large mixing bowl. Stir to combine and form into 2 equal patties. Place patties on a baking sheet lined with parchment paper and bake 15 minutes, then flip and bake another 15 minutes.

Meanwhile, place a skillet over medium heat and add onion slices and spinach. Drizzle with water and steam-saute until softened and wilted. To serve, place half onions and spinach on top of each burger and place each burger on bun. Makes 2 servings.

*Per serving: 477 calories | 43 grams protein | 56 grams carbs | 10 grams fat*

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## PULLED BBQ BRISKET TACOS

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1 serving *Pulled Beef Brisket*  
 2 (6-inch/15-centimeter) flour tortillas  
 2 tablespoons black beans, divided  
 2 tablespoons shredded Mexican-style cheese, divided  
 2 tablespoons salsa, divided  
 3 tablespoons shredded lettuce, divided  
 2 tablespoons chopped tomatoes, divided  
 2 tablespoons sour cream, divided  
 lime wedges (optional)

Add a small amount of each ingredient to each flour tortilla. Top with a squeeze of fresh lime juice. Makes 1 serving.

*669 calories | 30 grams protein | 37 grams carbs | 43 grams fat*

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## PULLED BEEF BRISKET

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1 cup (240 milliliters) beef broth  
 1 teaspoon salt  
 1 teaspoon black pepper  
 1 teaspoon onion powder  
 1 teaspoon ground garlic powder  
 2 tablespoons olive oil  
 1 (~2-pound/907-gram) beef brisket, trimmed and cut into 6 pieces  
 ¼ cup (60 milliliters) water

### Oven

Preheat oven to 300°F/150°C. Combine broth with salt, pepper, onion powder and garlic powder and set aside.

Add olive oil to a large skillet set over medium-high heat. Sear beef 2 minutes per side, working in batches, if necessary. Remove meat and set aside. Add ¼ cup water to hot pan, and using a wooden spoon, scrape black bits off bottom of pan.

Put brisket in a large baking pan or Dutch oven. Pour broth mixture over meat. Cover with tin foil and cook 3 to 3.5 hours, or until meat is tender.

Remove meat from pan and let rest for about 5 minutes. Use 2 forks to shred beef; add as much remaining liquid back to meat as desired.

### Instant Pot (pressure cooker)

Combine broth with salt, pepper, onion powder and garlic powder and set aside. Set Instant Pot to Saute; add olive oil to pan. Sear beef 2 minutes per side, working in batches, if necessary. Remove meat and set aside.

Set Instant Pot to Warm. Add ¼ cup water to pot, and using a wooden spoon, scrape black bits off bottom. Return meat to pot and pour broth mixture over. Set Instant Pot to Pressure Cook. Cover and seal; pressure-cook 60 minutes.

Quick release, remove meat from pan and let rest for about 5 minutes. Use 2 forks to shred beef; add as much remaining liquid back to meat as desired. Makes 8 servings.

*Per serving: 349 calories | 21 grams protein | 1 gram carbs | 29 grams fat*

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## PULLED BRISKET FLATBREAD

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1 teaspoon olive oil  
 1 teaspoon minced garlic  
 ½ medium onion, sliced  
 1 large naan bread or flatbread  
 2 ounces (58 grams) *BBQ Sauce*  
 1 serving *Pulled Beef Brisket*  
 4 tablespoons diced tomatoes  
 4 ounces (113 grams) shredded smoked Gouda cheese  
 2 tablespoons chopped cilantro  
 3 tablespoons sour cream

Preheat oven to 425°F/220°C.

Heat olive oil and garlic in a medium skillet set over medium-high heat. Add onions and saute, stirring, until

onions are caramelized, about 3 to 5 minutes. Remove from heat and set aside.

Place flatbread on a large baking sheet and spread with a layer of barbecue sauce. Place brisket evenly over entire surface, then add caramelized onions. Top evenly with tomatoes and cheese.

Bake 5 to 7 minutes. Transfer to a cutting board and top with cilantro before cutting and serving with sour cream. Makes 2 servings

*Per serving: 627 calories | 32 grams protein | 34 grams carbs | 40 grams fat*

SEARED STEAK AND SWISS CHARD SALAD
 

---

1 red bell pepper, chopped  
 2 teaspoons olive oil  
 2 tablespoons minced mint  
 2 teaspoons minced rosemary  
 ½ teaspoon salt  
 ½ teaspoon black pepper  
 10 ounces (285 grams) extra-lean beef, such as top sirloin  
 1 bunch (280 grams) Swiss chard  
 ¼ red onion, thinly sliced  
 4 cups (216 grams) romaine lettuce, chopped  
 1 cup (195 grams) cooked brown rice

In a blender or food processor, combine chopped red peppers, olive oil, mint, rosemary, salt and black pepper. Blend into a paste. Cut meat crosswise on the bias, into thin slices, about ⅛-inch thick. Place slices on a plate and smear with pepper paste. Cover and refrigerate.

Remove center ribs from Swiss chard and chop into small pieces. Chop Swiss chard leaves into 1-inch pieces and set aside. Heat a griddle or skillet on medium-high. Add few drops of water. Once it starts to sizzle, add Swiss chard ribs and onions. Add a little water to keep onions from sticking. Saute until onions are soft, about 5 minutes. Add beef to skillet and sear 3 minutes, then flip and sear 2 more minutes. Remove beef, onions and Swiss chard ribs to a plate and cover.

Use same griddle to saute Swiss chard leaves, about 2 minutes. To serve, divide lettuce between 2 plates. Top each plate with half the rice and half the Swiss chard leaves. Top with half the beef mixture. Makes 2 servings.

*Per serving: 444 calories | 49 grams protein | 36 grams carbs | 12 grams fat*

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 SHEET PAN FLANK STEAK WITH BROCCOLINI
 

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¼ cup (59 milliliters) olive oil  
 ⅓ cup (80 milliliters) low-sodium soy sauce  
 ⅓ cup (80 milliliters) lemon juice  
 ¼ cup (59 milliliters) Worcestershire sauce  
 1 tablespoon minced garlic  
 2 tablespoons Italian seasoning  
 1 pound (454 grams) flank steak, trimmed  
 2 bunches broccolini, about 1 pound (454 grams)

Line a large-rimmed baking sheet with aluminum foil and set aside. Place the top oven rack 6 inches from heat.

Add olive oil, soy sauce, lemon juice, Worcestershire sauce, garlic and Italian seasoning to a large zippered bag. Add

flank steak to bag. Seal and squish around to mix well. Allow steak to marinate in the fridge for at least 30 minutes.

Arrange broccolini on prepared baking pan. Place steak on top of broccoli and discard remaining marinade in bag.

Set oven to broil. Broil steak and vegetables 6 minutes; turn steak and stir vegetables; broil an additional 6 minutes, or until desired doneness. Remove from oven and allow steak to rest 5 minutes. Cut against the grain and serve with broccolini. Makes 4 servings.

*Per serving: 350 calories | 31 grams protein | 10 grams carbs | 23 grams fat*

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## SHEPHERD'S PIE

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3 pounds (1.4 kilograms) medium russet potatoes, peeled, cut into quarters  
 1½ teaspoons salt, divided  
 ½ + ¼ teaspoon black pepper, divided  
 2 tablespoons butter  
 ¼ cup (60 milliliters) low-fat milk  
 1 tablespoon olive oil  
 1 small onion, diced  
 2 cloves garlic, grated  
 2 pounds (907 grams) lean ground chicken, turkey or beef  
 2 (14-ounce/397-gram) cans of whole-kernel corn, drained

Preheat oven to 375°F/190°C. Grease a large casserole dish with nonstick cooking spray, then set aside.

Place potatoes in a large saucepan and add enough water to just cover potatoes. Add ¾ teaspoon salt. Bring to a boil. Reduce heat to medium-low, cover loosely. Boil gently 10 to 15 minutes, or until potatoes are fork-tender. Then drain well.

Return potatoes to saucepan. Shake saucepan gently over low heat for 1 to 2 minutes to help absorb any remaining moisture. Mash potatoes with a potato masher until

no lumps remain. Season with ¼ teaspoon salt and ¼ teaspoon black pepper and add butter and milk. Mash until smooth and creamy and set aside.

Add olive oil to a large skillet set over medium-high heat. Add onions and cook until translucent, about 2 to 3 minutes, stirring frequently. Add garlic and stir until fragrant, about another 1 to 2 minutes.

Add meat, ½ teaspoon salt and ½ teaspoon black pepper to hot pan. Cook, stirring frequently, until meat is cooked through. Drain meat, then add to prepared casserole dish. Spread corn evenly on top of meat. Add mashed potatoes to the top, using a fork to rake and spread evenly.

Bake 45 to 60 minutes, or until potatoes brown and crisp up.

You can prepare this recipe in advance and store in the refrigerator. To serve, remove from fridge 60 minutes before cooking, or add a little time if putting in the oven cold. Makes 8 servings.

*Per serving: 381 calories | 33 grams protein | 53 grams carbs | 5 grams fat*

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## SIRLOIN STEAK WITH CHIMICHURRI SAUCE

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½ cup (120 milliliters) red wine vinegar  
 juice of 1 lemon  
 1 tablespoon olive oil  
 ¼ teaspoon sea salt  
 4 cloves garlic, minced  
 1 small shallot, minced  
 ½ cup (23 grams) cilantro, minced  
 ½ cup (30 grams) flat-leaf parsley, minced  
 14 ounces (397 grams) sirloin steak, trimmed of all visible fat

Combine all ingredients except steak in a food processor or blender and pulse until chunky. Place steak in a zip-close bag and add half chimichurri mixture and marinate for at least 1 hour, or preferably overnight. Cook steak on a grill, in a grill pan or a skillet on the stove until desired doneness. Let rest, then cut steak thinly against the grain. Top with remaining chimichurri sauce. Makes 2 servings.

*Per serving: 377 calories | 42 grams protein | 5 grams carbs | 19 grams fat*

## SLOPPY JOES

---

8 ounces (227 grams) lean ground beef  
 ¼ cup (57 grams) ketchup  
 ¼ cup (60 milliliters) water  
 2 teaspoons brown sugar  
 2 teaspoons Worcestershire sauce  
 2 teaspoons mustard  
 ½ teaspoon garlic powder  
 ½ teaspoon onion powder  
 2 whole-grain hamburger buns or English muffins

In a large skillet, cook beef over medium heat until no longer pink. Drain any excess fat. Stir in ketchup, water, brown sugar, Worcestershire sauce, mustard, garlic powder and onion powder. Bring to a boil.

Reduce heat, cover and simmer 30 to 40 minutes. Serve on buns or English muffins. Makes 2 servings.

*Per serving: 450 calories | 39 grams protein | 52 grams carbs | 10 grams fat*

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## TRI-TIP ROAST

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2 tablespoons garlic powder  
 1 tablespoon kosher salt  
 1 tablespoon pepper  
 1½ pounds (680 grams) tri-tip (or bottom sirloin) roast

Combine spices in a bowl and mix well. Trim visible fat off roast, then rinse and pat dry.

Rub spices all over roast, then let sit at room temperature for as long as possible (ideally, at least an hour).

Preheat oven to 350°F/180°C. Place roast in heavy ovenproof pan and cook for about 10 minutes per pound. Internal temperature should reach at least 130°F to 135°F or 55°C to 60°C for medium-rare meat.

Remove from oven and let rest on cutting board for at least 10 minutes before slicing against the grain. Note: The grain in tri-tip roast changes, so you might have to cut in different directions on different parts of roast. Makes 4 servings.

*Per serving: 302 calories | 36 grams protein | 4 grams carbs | 15 grams fat*

**Note:** *This recipe requires time for the roast to sit at room temperature.*

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# PORK

## BAKED HAM SHANK

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1 pork ham shank (4-6 pounds/1,814-2,722 grams)  
 3 tablespoons yellow or brown mustard  
 ½ cup (96 grams) brown sugar

Line a baking pan with aluminum foil. Preheat oven to 325°F/165°C. Place ham shank cut-side down in pan. Using a brush, coat ham shank in mustard, then sprinkle brown sugar over the top and the entire ham shank. Cover pan lightly with aluminum foil.

Bake 1½ hours. Carefully remove foil and baste ham shank with juices in bottom of pan. Return pan to oven without foil. Continue to bake until ham shank reaches 165°F/75°C. Remove from oven and cover with foil. Allow to rest covered 10 to 15 minutes. Makes 10 to 12 servings.

*Per serving: 322 calories | 30 grams protein | 8 grams carbs | 18 grams fat*

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## BARBACOA PORK

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2 tablespoons olive oil  
 3½ to 4 pounds (1.6 to 1.8 kilograms) pork butt roast  
 ½ teaspoon salt  
 ½ teaspoon black pepper  
 1 medium onion, chopped  
 1 cup (240 milliliters) low-sodium beef broth or water  
 3 tablespoons tomato paste  
 3 bay leaves

### *Chipotle Sauce*

3 chipotle peppers in adobo sauce, canned (not the entire can)  
 2 teaspoons adobo sauce from can  
 3 tablespoons lime juice  
 ⅓ cup (78 milliliters) apple cider vinegar  
 ½ cup (120 milliliters) low-sodium beef broth or water  
 2½ teaspoons minced garlic  
 3 teaspoons ground cumin  
 2 teaspoons dried oregano  
 1 teaspoon kosher salt  
 1 teaspoon black pepper  
 ¼ teaspoon allspice

Preheat oven to 325°F/165°C. Add all ingredients for chipotle sauce in a blender or food processor and pulse to combine until smooth. Set aside.

Add olive oil to a large Dutch oven and heat over medium-high heat. Season pork with salt and pepper, and sear 1 to 2 minutes on each side.

Remove pork from Dutch oven and add onions, beef broth or water, tomato paste and bay leaves. Stir to combine and cook 1 to 2 minutes, or until onions are soft.

Add pork back into Dutch oven and top with chipotle sauce. Cover and bake 3 to 3½ hours, or until pork is tender enough to shred easily with a fork.

Once done, remove pork from pan and place in a medium shallow dish. Shred with 2 forks. Toss shredded pork with as much of the sauce from pan as you'd like. Makes 12 servings (1 serving = 6 ounces/170 grams).

*Per serving: 278 calories | 24 grams protein | 4 grams carbs | 18 grams fat*

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## BBQ PULLED PORK PIZZA

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1 tablespoon butter  
 1 medium sweet onion, diced  
 ¼ teaspoon salt  
 flour  
 1½–2 pounds (681 to 908 grams) pizza dough  
 3 servings *BBQ Sauce*  
 1 serving *Slow Cooker BBQ Pork Loin*, shredded with 2 forks  
 3 ounces (84 grams) shredded pepper jack cheese  
 3 ounces (85 grams) shredded smoked mozzarella cheese  
 3 green onions, trimmed and sliced thinly

Preheat oven to 450°F/230°C. Place an inverted rimmed baking sheet on the middle rack. Allow to preheat at 450°F/230°C for 30 minutes.

Melt butter in a large skillet over medium-high heat. Add onions and salt, cook, stirring occasionally, for about 10 minutes. Reduce heat to medium and continue to cook onions until they are golden brown.

Place a large piece of parchment paper that will fit on baking sheet onto a counter. Add some flour to the workspace. Spread dough out on lightly floured parchment paper; create an oval or rectangular shape. Make sure dough won't be bigger than the back of baking sheet. Spread *BBQ Sauce* out evenly on top of dough, leaving a border of about an inch. Add pulled pork evenly across dough. Sprinkle on green caramelized onions followed by cheese.

Using the back of another rimmed baking sheet, transfer pizza with parchment paper on top of hot baking sheet. Bake 12 to 15 minutes, or until crust is cooked and cheese is melted. Remove from oven and let sit 5 minutes before cutting. Makes 4 servings.

*Per serving: 675 calories | 30 grams protein | 93 grams carbs | 22 grams fat*

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## BONE-IN PORK CHOPS

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2 (4-ounce/113-gram) bone-in pork chops  
 1 teaspoon olive oil  
 salt and pepper, to taste

Preheat oven to 400°F/200°C and place an oven-safe skillet in oven. Rinse chops and dry with paper towels. Rub with olive oil and season with salt and pepper. Use oven mitts to remove skillet from oven. Place chops in skillet

and place over medium-high heat, sear 3 minutes, until golden brown, then flip and sear other side. Place skillet in oven. Roast chops until interior temperature reaches 145°F/63°C. Makes 2 servings.

*Per serving: 250 calories | 34 grams protein | 0 grams carbs | 11 grams fat*

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## PEAR AND SAGE STUFFED PORK CHOPS

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4 thick (3.5-ounce/100-gram) boneless pork chops  
 ¼ cup (30 grams) whole-wheat pastry flour  
 ¼ teaspoon sea salt  
 ⅛ teaspoon ground black pepper  
 2 tablespoons water  
 1 tablespoon olive oil  
 ¼ cup (27 grams) yellow onions, chopped  
 1 stalk celery, minced  
 1 slice whole-wheat bread, cubed  
 1 pear, cored and small diced  
 1 teaspoon dried sage  
 1 teaspoon fresh rosemary, finely minced

Preheat oven to 350°F/180°C. Trim any visible fat and then cut a horizontal slit into each chop, making sure not to pierce the opposite side.

In a shallow bowl, combine flour, salt and pepper. Dredge chops in flour mixture. Spray a saute pan with cooking spray and set over medium-high heat. Add chops and

sear until browned, about 5 minutes per side. Remove chops to a plate.

Add water to skillet to deglaze and use a spatula to pull up any brown bits. Add olive oil, and when hot, add onions and celery. Saute until softened, then add bread, pears, sage and rosemary. Saute until all ingredients are softened and combined, adding 2 tablespoons more of water, if needed, to moisten.

Divide onion mixture and stuff it into chops. Place a toothpick in each chop to hold together. Coat a baking dish with cooking spray and add chops. Pour any residual liquid from stuffing over chops, then cover and bake 30 minutes, or until center is no longer pink and internal temperature (meat only) reaches 145°F/63°C. Makes 2 servings (2 chops per serving grams).

*Per serving: 462 calories | 46 grams protein | 32 grams carbs | 16 grams fat*

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## PORK CHOP WITH MANGO SALSA

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4 (2.5-ounce/71-gram) bone-in pork loin chops  
1 tablespoon olive oil

### *Rub*

1 tablespoon ground cumin  
1 tablespoon ground coriander  
1 tablespoon chili powder  
1 tablespoon ground black pepper  
1 teaspoon sea salt

### *Salsa*

1 mango, peeled and chopped  
2 medium plum tomatoes, chopped  
¼ cup (40 grams) red onions, chopped  
1 scallion, chopped  
1 cup (46 grams) cilantro, chopped  
¼ cup (61 grams) lime juice  
⅛ teaspoon sea salt

In a small bowl, combine rub ingredients. Pat pork chops dry with paper towels and rub each side evenly with rub mixture.

Heat olive oil in a large saute pan set over medium-high heat. Add pork chops and cook until well-browned on one side, 3 to 5 minutes. Turn and cook the other side until meat is done, 2 to 4 minutes. To check for doneness, make a small cut near the bone and look for a hint of pinkness. If it's still pink, cook for another minute and check again.

Transfer chops to a plate, tent with foil, and let rest 3 to 5 minutes before serving topped with salsa. Makes 2 servings.

*Per serving: 429 calories | 33 grams protein | 31 grams carbs | 20 grams fat*

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## PORK RAGU

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2 tablespoons olive oil, divided  
2 pounds (907 grams) pork shoulder  
¼ teaspoon salt  
¼ teaspoon black pepper  
1 small onion, diced  
2 medium carrots, diced  
1 medium celery stalk, diced  
1 teaspoon minced garlic  
2 tablespoons no-salt-added tomato paste  
1 cup (240 milliliters) red wine  
1 (28-ounce/793-gram) can whole crushed tomatoes  
1 cup (240 milliliters) vegetable broth or stock  
1 teaspoon fresh rosemary, finely chopped  
1 teaspoon dried oregano  
1 teaspoon dried thyme  
8 ounces (226 grams) pappardelle noodles, cooked according to package directions, until al dente

Preheat oven to 325°F/165°C.

Heat 1 tablespoon olive oil in a large Dutch oven over medium-high heat. Season pork shoulder on both sides with salt and pepper. Add pork to Dutch oven. Cook, turning a few times, until browned all over, about 10 to 15 minutes. Transfer to a large platter or bowl and set aside.

In Dutch oven, heat remaining 1 tablespoon olive oil. Add onions, carrots, celery and garlic and cook, scraping brown bits off the bottom. Cook until tender, about 4 minutes. Stir in tomato paste and wine; bring to a boil. Cook 3 to 4 minutes, or until wine is reduced by half.

Add crushed tomatoes with their juices to Dutch oven along with broth or stock, rosemary, oregano and thyme. Season with salt and pepper (to taste). Add pork back to Dutch oven along with any juices that may have collected in bowl. Cover and bake on the center oven rack for 2½ to 3 hours, or until pork is tender enough to pull apart with a fork.

Remove rosemary sprig and discard. Remove pork and put it in a large bowl. Shred pork using 2 forks, then return back to Dutch oven and stir well. Serve hot over pappardelle pasta. Makes 8 servings.

*Per serving: 401 calories | 25 grams protein | 33 grams carbs | 17 grams fat*

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## ROAST PORK TENDERLOIN

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1 tablespoon chili powder  
 1 tablespoon garlic powder  
 1 teaspoon salt  
 1 pork tenderloin (about 1¼ pounds/567 grams)

Preheat oven to 425°F/220°C. Cover roasting tray or baking sheet with foil. Rub spices over meat and place on tray. Roast 30 minutes, or until thermometer inserted into thickest part of meat registers 155°F/68°C.

Remove roast from oven and tent with foil for 10 minutes before slicing against the grain. Makes 3 to 4 servings, depending on size of tenderloin (1 serving = 6 ounces/170 grams).

*Per serving: 200 calories | 33 grams protein | 3 grams carbs | 5 grams fat*

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## SLOW-COOKER BBQ PORK LOIN

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½ pound (227 gram) pork tenderloin, trimmed of all visible fat  
 1 cup (240 milliliters) *BBQ Sauce*

Place tenderloin in a slow cooker set on high heat. Add *BBQ Sauce* and enough water so pork is completely covered by liquid. Cover with a lid and let cook 4 to 6

hours on high (or 8 to 10 hours on low). Alternatively, you can cook pork at 425°F/220°C in an oven-safe pot with lid (or Dutch oven) for 45 to 60 minutes, or until meat thermometer reads 160°F/71°C. Makes 2 servings.

*Per serving: 296 calories | 24 grams protein | 14 grams carbs | 16 grams fat*

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## SWEET AND SPICY PORK MEATBALLS

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4 cloves garlic, peeled  
 2 Thai chili peppers, trimmed  
 1-inch piece of ginger, peeled  
 1 pound (454 grams) ground pork  
 ¼ cup (27 grams) panko breadcrumbs  
 1 large egg  
 3 tablespoons low-sodium soy sauce  
 2 scallions, chopped  
 1 teaspoon sesame oil  
 ¼ teaspoon salt  
 ¼ teaspoon black pepper

*Sweet and Spicy Sauce*  
 ¼ cup (59 milliliters) soy sauce  
 ¼ cup (59 milliliters) honey  
 ¼ cup (59 milliliters) chicken stock or vegetable stock  
 1 tablespoon Sriracha  
 1 tablespoon sesame oil  
 1 teaspoon olive oil  
 1 tablespoon cornstarch

Preheat oven to 400°F/200°C. Add garlic, chili peppers and ginger to a food processor or blender and process until slightly combined. Transfer to a large bowl. Add ground pork, breadcrumbs, egg, soy sauce, scallions, sesame oil, salt and pepper to bowl; stir well with your hands to combine. Then shape meatball mixture into 1-inch balls. Place in a large baking pan.

Combine ingredients for sauce in a small bowl. Pour over meatballs. Bake, uncovered, 15 to 20 minutes, or until meatballs are cooked through. Makes 4 servings.

*Per serving: 341 calories | 31 grams protein | 32 grams carbs | 12 grams fat*

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POULTRY

BUTTER CHICKEN THIGHS

- 6 skin-on, bone-in chicken thighs (about 2.5 pounds/  
1.1 kilograms)
- ¾ teaspoon sea salt, divided
- ¼ teaspoon black pepper
- 1 tablespoon curry powder
- 1 teaspoon turmeric
- 1 teaspoon paprika
- 2 tablespoons olive oil
- 1 small yellow onion, chopped
- 1 teaspoon chopped garlic
- 1 teaspoon grated ginger
- 1 (15-ounce/425-gram) can crushed tomatoes
- 1 cup (134 grams) frozen peas
- 1 (5-ounce/142-gram) can evaporated milk
- 2 tablespoons unsalted butter
- chopped fresh cilantro for garnish (optional)

Remove skin from chicken thighs and season with ¼ teaspoon salt and black pepper. In a small bowl, combine curry powder, turmeric and paprika. Add to chicken and toss to coat.

Heat oil in a large skillet over medium heat. Add onions and cook, stirring occasionally, until soft and slightly translucent, about 3 minutes. Add garlic and ginger and cook, stirring, about 1 minute. Then add spiced chicken and brown on all sides, about 6 minutes.

Add crushed tomatoes, frozen peas and remaining salt and bring to a simmer. Using a wooden spoon, scrape up any browning on the bottom of pan. Reduce heat to medium-low, cover and cook, 5 to 8 minutes, or until chicken is cooked through.

Stir in evaporated milk. Remove from heat and stir in butter. Serve topped with cilantro, if desired. Makes 6 servings.

*Per serving: 259 calories | 18 grams protein | 12 grams carbs | 16 grams fat*

CHICKEN AND CHUTNEY SWEET POTATO CAKES

- 1 (6-ounce/160-gram) sweet potato, peeled
- 2 eggs
- ¼ teaspoon curry
- 4 teaspoons whole-wheat flour
- 5 ounces (140 grams) roasted chicken breast, shredded

*Mango Chutney*

- 1 mango, chopped
- ½ red pepper, minced
- 1 scallion, sliced or 1 tablespoon minced onions
- 4 tablespoons cilantro, chopped
- 2 tablespoons apple cider vinegar
- 2 teaspoons olive oil
- 1 clove garlic, minced
- ⅓ teaspoon cumin
- sea salt and black pepper, to taste

Use a hand grater or food processor to grate sweet potato. In a mixing bowl, combine potatoes with eggs, curry and flour. Heat a small skillet on medium-high heat and spray with cooking spray. Use your hands to shape ingredients into a ball. Place on skillet and press down with the back of a spatula. Brown 5 minutes on each side. Remove potato cake from skillet. Add chicken and a little water to skillet and heat for about 5 minutes. Combine chutney ingredients. Serve sweet potato cake topped with chicken and chutney. Makes 2 servings.

*Per serving: 439 calories | 32 grams protein | 49 grams carbs | 13 grams fat*

## CHICKEN ENCHILADAS

---

2 tablespoons chopped yellow onions  
 1 clove garlic, minced  
 pinch red pepper flakes (optional)  
 5 ounces (140 grams) roasted chicken, shredded  
 1 cup (171 grams) pinto or ranchero beans  
 ½ cup (23 grams) cilantro leaves, chopped  
 4 corn tortillas  
 ½ cup (132 grams) salsa  
 2 tablespoons shredded low-fat Monterey Jack cheese  
 2 tablespoons reduced-fat Greek yogurt

Preheat oven to 350°F/180°C.

In a medium skillet set over medium-low heat, saute onions with a little water until soft, about 3 minutes. Add garlic and saute until fragrant, about 2 minutes. Add red pepper flakes (if using) and let cook another minute,

allowing flavors to blend. Add chicken and beans and cook until heated through, stirring occasionally, about 5 minutes. Do not cover skillet. Continue to stir and heat ingredients until most of liquid has evaporated and ingredients have thickened. Remove skillet from heat. Mix in cilantro.

Spray an 8-inch-by-8-inch (20-centimeter-by-20-centimeter) baking dish with cooking spray. Place ¼ of mixture down middle of each tortilla, then roll tortillas around filling and place fold-side down in baking dish. Top with salsa and cheese and bake 15 minutes, or until cheese has melted. Serve with a dollop of Greek yogurt. Makes 2 servings.

*Per serving: 419 calories | 37 grams protein | 50 grams carbs | 8 grams fat*

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## CHICKEN FAJITAS

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1 teaspoon olive oil  
 12 ounces (340 grams) chicken breast  
 2 medium bell peppers, sliced\*  
 1 onion, sliced  
 salt and pepper, to taste  
 4 tablespoons reduced-fat Greek yogurt, divided  
 4 tablespoons salsa, divided  
 4 tablespoons reduced-fat shredded cheddar cheese, divided

Set a skillet over medium-high heat and add olive oil. Slice chicken across the grain (horizontally) and, when olive oil is hot, add to pan. Let cook, stirring occasionally, until no

longer pink. Add bell peppers and onions, season with salt and pepper (to taste), and continue to cook, stirring occasionally, until softened. When ready to serve, top chicken-veggie mixture with half the Greek yogurt, salsa and cheese. Makes 2 servings.

*Per serving: 338 calories | 50 grams protein | 16 grams carbs | 8 grams fat*

*\*Choose a red, orange or yellow bell pepper — they're sweeter than green but have pretty much the same macronutrient makeup. For even more colorful fajitas, use half of one color and half of another.*

## GREEK CHICKEN KEBABS

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3 boneless, skinless chicken breasts (12 ounces/340 grams), cut into 1-inch chunks  
6 skewers

### *Marinade*

3 tablespoons lemon juice  
¼ cup (60 milliliters) olive oil  
1 teaspoon dried oregano  
2 cloves garlic, crushed  
¼ teaspoon salt  
1 teaspoon black pepper

Combine all marinade ingredients in a zip-close bag and shake (or squish) to combine. Add chicken and refrigerate 1 to 2 hours (or overnight).

Thread chicken onto skewers. If using wooden skewers, be sure to soak them in water for 15 minutes first. Grill 10 to 12 minutes on each side, or until chicken is cooked through. Makes 3 servings [1 serving = 2 kebabs (4 ounces/113 grams chicken)].

*Per serving: 307 calories | 26 grams protein | 3 grams carbs | 22 grams fat*

**Note:** *This recipe requires time to marinate.*

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## GRILLED JERK CHICKEN BREAST

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1 habanero pepper, stem removed, seeded and roughly chopped  
4 green onions, roughly chopped  
1-inch ginger piece, peeled and sliced  
3 garlic cloves, peeled and smashed  
1 tablespoon fresh thyme leaves  
2 teaspoons allspice  
1 teaspoon nutmeg  
1 tablespoon dark brown sugar  
2 tablespoons soy sauce  
¼ cup (60 milliliters) lime juice  
2 tablespoons olive oil  
½ teaspoon salt  
½ teaspoon black pepper  
1 pound (454 grams) boneless, skinless chicken breasts

Combine all ingredients except chicken in a food processor or blender. Process until a rough puree has formed, about 1 minute.

Add chicken to a large bowl or zip-close bag. Pour marinade over chicken and toss gently to coat well. Cover and refrigerate at least 30 minutes but not longer than 6 hours.

When ready to cook, preheat a grill to medium-high heat or set a skillet over medium-high heat. Remove chicken from marinade and cook 4 to 5 minutes per side, or until chicken is cooked through. Let rest 5 minutes before serving. Makes 4 servings.

*Per serving: 247 calories | 27 grams protein | 10 grams carbs | 10 grams fat*

**Note:** *This recipe requires time to marinate.*

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GRILLED SKILLET APRICOT CHICKEN THIGHS
 

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1 pound (454 grams) boneless, skinless chicken thighs  
 ¼ teaspoon salt  
 ¼ teaspoon black pepper  
 ¼ cup (15 grams) chopped fresh parsley, for garnish

*Glaze*

1 cup (320 grams) apricot preserves  
 3 tablespoons low-sodium chicken broth  
 2 tablespoons soy sauce  
 2 tablespoons lemon juice  
 ¼ teaspoon red pepper flakes

Preheat grill to 450°F/230°C. Season chicken thighs with salt and pepper; place directly on grill grates. Cook 10 to 15 minutes, or until lightly browned.

In a small bowl, whisk together glaze ingredients. Transfer chicken to a cast-iron skillet. Pour glaze over chicken. Place skillet on grill grates. Close lid and cook an additional 15 to 20 minutes, or until chicken is cooked through and glaze has thickened and reduced, basting chicken thighs with glaze throughout. Remove and garnish with parsley before serving. Makes 6 servings.

*Per serving: 217 calories | 15 grams protein | 35 grams carbs | 3 grams fat*

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 MEDITERRANEAN TURKEY BURGERS
 

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1 cup (249 grams) frozen chopped spinach, thawed  
 1 pound (454 grams) 99% lean ground turkey  
 ½ cup (75 grams) crumbled feta cheese  
 ½ teaspoon minced garlic  
 ½ teaspoon dried oregano  
 ¼ teaspoon salt  
 ½ teaspoon black pepper  
 4 whole-wheat hamburger buns  
 4 tablespoons tzatziki sauce, divided  
 1 small red onion, sliced thin  
 ½ cucumber, sliced thin

Wrap spinach in a tea towel and squeeze as much excess moisture from it as possible, then add it to a large bowl. Add ground turkey, feta cheese, garlic, oregano, salt and black pepper. Mix to combine, then form into 4 burgers.

Preheat a grill to medium-high heat, or place a skillet over medium-high heat. Cook burgers 4 to 6 minutes per side, or until internal temperature reads 160°F/71°C.

Assemble burgers on buns with 1 tablespoon tzatziki each, some onions and cucumber slices. Makes 4 servings.

*Per serving: 404 calories | 39 grams protein | 43 grams carbs | 9 grams fat*

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PESTO POULTRY TOSS
 

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12 ounces (340 grams) boneless, skinless turkey or chicken breast  
 ¼ cup (60 milliliters) water  
 6 ounces (170 grams) red potatoes, diced  
 1 bunch (about 20 spears) fresh asparagus, sliced on the bias into 1-inch-wide pieces  
 ¼ cup (2 grams) fresh dill  
 2 tablespoons walnuts  
 1 tablespoon olive oil  
 1 tablespoon nutritional yeast flakes  
 ⅛ teaspoon salt  
 ⅛ teaspoon black pepper  
 4 cups (80 grams) arugula  
 2 lemon wedges

Preheat oven to 450°F/230°C. Place chicken or turkey breast and a little water in an oven-safe skillet and set over medium-high heat. Sear each side of poultry. Add water to skillet and place in oven until meat is cooked through, about 5 to 7 minutes. Check for doneness by piercing with

a knife at thickest part; juices should run clear. Remove to a plate, let cool for about 5 minutes, then cut into bite-size pieces and add to a large bowl.

While poultry bakes, fill a large pot with about 2 inches of water and place a steamer basket in pot. Cover and bring to a boil. Place potatoes in steamer basket and steam 10 minutes, or until just soft enough to pierce with a fork. Then add asparagus and steam another 3 minutes. Remove to bowl with chicken.

Meanwhile, add dill, walnuts, olive oil, nutritional yeast, salt and black pepper to a food processor and pulse just enough to combine. Toss pesto with potatoes, asparagus and poultry. To serve, divide mixture between 2 plates of arugula. Garnish with a squeeze of fresh lemon juice. Makes 2 servings.

*Per serving: 386 calories | 44 grams protein | 26 grams carbs | 14 grams fat*

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 ROASTED CHICKEN AND PEPPERS SHEET PAN WITH SPICY PEANUT SAUCE
 

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⅓ cup (80 milliliters) tamari (soy sauce)  
 ⅓ cup (85 grams) unsweetened applesauce  
 3 tablespoons natural creamy or chunky peanut butter  
 1 tablespoon toasted sesame oil  
 2 teaspoons chili garlic sauce or Sriracha, or to taste  
 2 teaspoons rice vinegar  
 1½ teaspoons freshly grated ginger  
 8 ounces (227 grams) boneless, skinless chicken thighs, cut into cubes  
 3 large bell peppers, various colors, cubed  
 3 tablespoons chopped roasted, salted peanuts  
 3 tablespoons chopped fresh cilantro or scallions

Preheat oven to 450°F/230°C. Line 1 rimmed full-sheet or 2 half-sheet pans with unbleached parchment paper.

In a jar or sealed container, shake together tamari, applesauce, peanut butter, sesame oil, chili garlic sauce or Sriracha, vinegar and ginger.

In a medium bowl, stir chicken with half of the peanut sauce to coat; reserve remaining sauce.

Arrange peppers and chicken in a single layer on prepared baking sheet(s). Roast until peppers and chicken are cooked through, about 20 to 22 minutes, no stirring required.

Sprinkle with peanuts and cilantro or scallions and serve with remaining peanut sauce on the side.

Makes 4 servings.

*Per serving: 288 calories | 21 grams protein | 15 grams carbs | 17 grams fat*

SAVORY CHICKEN AND SWEET POTATO HASH
 

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1 tablespoon olive oil  
 1 medium sweet potato, cut into ½-inch (1-centimeter) cubes  
 ½ small red onion, chopped  
 1 small green bell pepper, chopped  
 1 teaspoon oregano  
 ¼ teaspoon cinnamon  
 ½ teaspoon garlic powder  
 ½ teaspoon ground ginger  
 dash salt  
 dash pepper  
 8 ounces (227 grams) raw chicken breast cut into ½-inch-thick (1-centimeter) strips

Heat a medium skillet over medium heat and add oil. Sauté sweet potatoes, onions, bell peppers, herbs and spices for about 5 minutes until potatoes begin to brown. Add chicken. Cover and cook about 8 minutes until no longer pink. Makes 2 servings.

*Per serving: 337 calories | 28 grams protein | 32 grams carbs | 10 grams fat*

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 SHEET PAN CHICKEN FAJITAS
 

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1 teaspoon paprika  
 1 teaspoon cumin  
 1 tablespoon chili powder  
 ½ teaspoon garlic powder  
 ½ teaspoon onion powder  
 ¼ teaspoon cayenne pepper  
 ¼ teaspoon salt  
 ¼ teaspoon black pepper  
 1 pound (454 grams) boneless, skinless chicken breast, cut into strips  
 1 small yellow bell pepper, seeded and cut into strips  
 1 small red bell pepper, seeded and cut into strips  
 1 small green bell pepper, seeded and cut into strips  
 1 small yellow onion, sliced  
 3 tablespoons olive oil  
 2 teaspoons minced garlic  
 1 lemon  
 ¼ cup (4 grams) fresh cilantro, chopped  
 tortillas

Combine seasonings in a small bowl and set aside. Preheat oven to 425°F/220°C. Line a baking sheet with aluminum foil and lightly spray with nonstick cooking spray.

Add chicken and vegetables to a large bowl. Pour olive oil and garlic on top. Sprinkle with seasoning mixture and toss well. Arrange seasoned chicken and vegetables on prepared baking sheet in an even layer. Bake 15 to 20 minutes, or until chicken is cooked through and vegetables are tender. Squeeze fresh lemon over the top and sprinkle with fresh cilantro before serving. Serve with warm tortillas. Makes 4 servings.

*Per serving: 260 calories | 27 grams protein | 7 grams carbs | 14 grams fat*

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## SPANISH-STYLE ONE-POT CHICKEN AND QUINOA

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1 pound (454 grams) boneless, skinless chicken breasts, cut into 1-inch cubes  
 1 teaspoon salt  
 ½ teaspoon black pepper  
 1 tablespoon olive oil  
 1 small onion, diced  
 2 teaspoons minced garlic  
 1 small red bell pepper, diced  
 2 tablespoons no-salt-added tomato paste  
 1 teaspoon paprika  
 1 teaspoon ground cumin  
 2 cups (370 grams) cooked quinoa  
 ½ cup (118 milliliters) low-sodium chicken broth

Season chicken cubes with salt and pepper. Heat olive oil in a large skillet over medium-high heat. Add chicken to skillet. Cook, turning often, until cooked through, about 4 to 5 minutes. Transfer chicken to a plate and set aside.

Add onions, garlic and peppers to hot skillet. Cook, stirring frequently, until soft and onions are translucent, about 2 to 3 minutes. Stir in tomato paste, paprika and ground cumin, and cook an additional 2 to 3 minutes. Stir in cooked quinoa and chicken broth. Return chicken to pan and cook an additional 3 to 4 minutes. Makes 6 servings.

*Per serving: 205 calories | 21 grams protein | 17 grams carbs | 6 grams fat*

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## SWEET POTATO TURKEY MUFFINS

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1 pound (454 grams) ground turkey breast  
 1 large sweet potato, baked and quartered  
 ½ cup (9 grams) ground flaxseeds [A ¼ cup (42 grams) whole flaxseeds, ground in coffee grinder, yields ~½ cup (56 grams) ground.]  
 3 tablespoons nutritional yeast flakes or grated Parmesan cheese  
 3 cloves garlic, minced  
 2 tablespoons fresh rosemary, minced  
 2 eggs, beaten  
 ¼ teaspoon coarse sea salt  
 2 teaspoons olive oil

Preheat oven to 375°F/190°C. Combine all ingredients in a food processor and pulse until well-blended. Coat a muffin tin with oil or cooking spray and evenly divide mixture among cups. Bake 50 minutes, or until a knife inserted in the middle comes out clean. Makes 4 servings.

*Per serving: 248 calories | 33 grams protein | 11 grams carbs | 8 grams fat*

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TURKEY DIVAN
 

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1 pound (454grams) boneless, skinless turkey breast  
 ½ teaspoon salt  
 ¾ teaspoon ground black pepper, divided  
 2 pounds (907 grams) frozen broccoli florets  
 2 medium shallots, sliced into 1-inch-thick slices  
 ¼ cup (30 grams) whole-wheat pastry or brown-rice flour  
 ¼ cup (60 milliliters) water  
 8 ounces (227 milliliters) chicken broth  
 1 cup (240 milliliters) low-fat milk  
 2 tablespoons balsamic vinegar  
 ½ teaspoon ground cumin  
 ½ teaspoon dried thyme  
 ¾ cup (75 grams) grated Parmesan cheese, divided  
 2 tablespoons mayonnaise  
 1 tablespoon Dijon mustard

Preheat oven to 375°F/190°C. Rinse turkey breast under cool running water, then dry with paper towels and place between 2 pieces of parchment paper. Using a mallet or the back of a skillet, pound turkey breast until about 1-inch thick. Season turkey with ½ teaspoon salt and ½ teaspoon pepper.

Heat a large skillet over medium-high heat. Add turkey breast and sear, about 1 minute per side, to brown. Add enough water to cover turkey halfway and reduce heat to medium. Cover with a lid and let simmer 10 minutes, or until there is no pink at the thickest part of the breast. Flip turkey over at the 5-minute mark in order to promote even cooking.

While turkey cooks, remove broccoli from the freezer. Fill a large saucepan with 1 inch of water and a steamer basket, then cover and place over high heat. When water begins to boil, add broccoli to steamer basket and reduce

heat to medium. Return the lid to saucepan and steam until broccoli is bright green, about 4 minutes.

When turkey is done, remove it to a plate and cover to keep warm. Turn heat up to medium-high. Add shallots to skillet with about ¼ cup (60 milliliters) water. Use a wooden spoon or heat-resistant spatula to scrape any brown bits from bottom of skillet. Cover with lid, reduce heat to medium and allow shallots to steam, about 3 minutes.

Combine flour and water in a small bowl and whisk with a fork until smooth, then add to skillet and stir until shallots are coated. Let thicken a bit, then add chicken broth, milk, balsamic vinegar, cumin, thyme and remaining black pepper. Stir mixture constantly until it thickens, about 5 minutes, then add broccoli.

In a small bowl, combine ½ cup (50 grams) Parmesan cheese, mayonnaise and mustard. Remove skillet from heat and stir in Parmesan mixture.

Add half the broccoli mixture to a 9-inch-by-13-inch (23-centimeter-by-33-centimeter) baking dish. Shred turkey and sprinkle over broccoli mixture, then spoon remaining broccoli mixture over the top. Sprinkle with the remaining ¼ cup (25 grams) Parmesan cheese and place baking dish 6 inches from the top oven coils. Cook 20 minutes, then turn heat up to 450°F/230°C and cook 5 more minutes, or until cheese is golden brown. Remove from oven and let cool 10 minutes before serving. Makes 4 servings.

*Per serving: 405 calories | 47 grams protein | 25 grams carbs | 13 grams fat*

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 TUSCAN CHICKEN AND WHITE BEAN SKILLET
 

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1 tablespoon olive oil  
 1 pound (454 grams) boneless, skinless chicken breast  
 ½ teaspoon salt  
 ¼ teaspoon black pepper  
 ½ cup (45 grams) thinly sliced sun-dried tomatoes, patted dry  
 2 teaspoons minced garlic  
 1 tablespoon fresh rosemary leaves  
 1 (15-ounce/425-gram) can white beans (cannellini or Northern), drained and rinsed  
 ½ cup (118 milliliters) low-sodium chicken broth  
 2 cups (60 grams) fresh spinach

Move a rack to the middle of the oven and preheat to 450°F/230°C. Heat olive oil in a large oven-safe skillet over

medium-high heat. Season chicken on both sides with salt and pepper. Place chicken in skillet and cook until golden brown, about 5 minutes per side. Transfer chicken to a plate.

Add sun-dried tomatoes, garlic and rosemary to pan. Sauté 1 minute, then add beans and broth. Stir to combine. Nestle chicken back into bean mixture. Place skillet in oven and roast until chicken is cooked through, about 25 to 30 minutes. Remove from oven and carefully stir in spinach, until wilted. It may be helpful to remove chicken from hot skillet before stirring in spinach. Makes 4 servings.

*Per serving: 336 calories | 35 grams protein | 31 grams carbs | 8 grams fat*

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# SEAFOOD

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## BAKED BUTTER COD WITH ASPARAGUS

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4 tablespoons salted butter, at room temperature  
¼ teaspoon paprika  
¼ teaspoon salt  
1 teaspoon minced garlic  
1 pound (454 grams) fresh cod fillets  
20-25 large asparagus spears, trimmed  
2 tablespoons fresh parsley, chopped  
1 lemon, sliced

Preheat oven to 400°F/200°C. Grease a baking dish with butter or nonstick cooking spray and set aside.

In a small bowl, combine butter, paprika, salt and garlic. Put cod fillets in a prepared baking dish and slather with butter mixture. Arrange asparagus spears in baking dish. Add parsley and lemon slices. Bake 20 minutes, or until fish is flakey and cooked through. Makes 4 servings.

*Per serving: 209 calories | 23 grams protein | 5 grams carbs | 11 grams fat*

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## BAKED MUSTARD MAPLE SALMON

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4 (6-ounce/170-gram) salmon fillets  
dash salt and pepper  
2 tablespoons Dijon mustard  
2 tablespoons maple syrup  
3 tablespoons chopped dill, divided

Preheat oven to 400°F/200°C. Line a baking sheet with parchment paper and spray with nonstick cooking spray.

Place salmon fillets on baking sheet and season with salt and pepper.

Meanwhile, in a small bowl, combine mustard and maple syrup and brush on top of salmon, then sprinkle with 2 tablespoons dill.

Bake 15 to 17 minutes, or until salmon is cooked through. Garnish with remaining dill before serving. Makes 4 servings.

*Per serving: 275 calories | 34 grams protein | 8 grams carbs | 11 grams fat*

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## BLACKENED GROUPER WITH MANGO SALSA

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2 (4-ounce/113-gram) grouper fillets (or substitute any whitefish)  
 1 tablespoon paprika  
 1 teaspoon cayenne pepper  
 1 teaspoon onion powder  
 ½ teaspoon garlic powder  
 ½ teaspoon ground black pepper  
 ½ teaspoon sea salt  
 ¼ teaspoon dried basil  
 ¼ teaspoon dried oregano  
 ¼ teaspoon dried thyme

### *Salsa*

1 ripe mango, peeled and diced  
 1 small red onion, peeled and diced  
 1 jalapeño, seeded and diced (optional)  
 ¼ cup (4 grams) chopped fresh cilantro  
 juice of 1 lime

Preheat oven to 400°F/200°C. Line a baking sheet with parchment paper. Place grouper on baking sheet and pat dry with paper towels.

In a small bowl, combine paprika, cayenne pepper, onion powder, garlic powder, black pepper, sea salt, basil, oregano and thyme. Coat top and sides of grouper with spice-and-herb blend.

Bake 10 to 15 minutes, or until grouper is flakey and cooked through.

In the meantime, prepare mango salsa. Combine mango with onions, jalapeños (if using) and cilantro, then pour lime juice over the top and toss gently to coat well. Keep refrigerated until ready to serve. Serve on top of cooked grouper or on the side. Makes 2 servings.

*Per serving: 210 calories | 24 grams protein | 24 grams carbs | 2 grams fat*

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## BLACKENED GROUPER BOWL WITH RICE, ASPARAGUS AND MANGO SALSA

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1 cup (158 grams) cooked white rice  
 2 servings *Blackened Grouper With Mango Salsa*  
 10 steamed asparagus spears

Divide rice equally between 2 bowls or lunch containers, then top with grouper, asparagus and mango salsa. Makes 2 servings.

*Per serving: 333 calories | 29 grams protein | 50 grams carbs | 2 grams fat*

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## CRUNCHY PARMESAN FISH STICKS

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1 pound (454 grams) cod, haddock or tilapia fillets  
 ½ cup (60 grams) all-purpose flour  
 ¼ teaspoon salt  
 ¼ teaspoon black pepper  
 1 cup (108 grams) panko breadcrumbs  
 2 tablespoons salted butter, melted  
 ⅓ cup (33 grams) grated Parmesan cheese  
 2 large eggs  
 chopped fresh parsley for garnish

In a small bowl, combine flour, salt and pepper. In a separate bowl, combine breadcrumbs, melted butter and Parmesan cheese. In a third bowl, lightly beat eggs.

First, dip fish in flour mixture. Tap off any extra. Then dip fish in eggs and finally in breadcrumb mixture. Place battered fish on prepared baking pan. Bake or air-fry 10 minutes, then flip and cook an additional 8 to 10 minutes, or until crispy and cooked through. Makes 4 servings.

Preheat oven or air fryer to 450°F/230°C. Grease a baking pan with nonstick cooking spray and set aside.

*Per serving: 402 calories | 32 grams protein | 31 grams carbs | 16 grams fat*

Cut fish fillets into 1-inch-wide strips, about 2½ inches long.

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## EVERYTHING BAGEL BAKED COD

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2 (4-ounce/113-gram) cod fillets  
 2 tablespoons *Everything Bagel Seasoning*  
 2 tablespoons almond flour  
 zest of 1 lemon  
 2 teaspoons mayonnaise

Preheat the oven to 400°F/200°C. Line a baking sheet with parchment paper and set fish on top. Pat fillets dry with paper towel.

Combine seasoning, almond flour and lemon zest in a bowl and stir to combine. "Paint" fillets with mayonnaise, then sprinkle or press spice mixture over top and sides of each fillet.

Bake fish 10 to 15 minutes, or until it's flakey and cooked through. Makes 2 servings.

*Per serving: 155 calories | 21 grams protein | 2 grams carbs | 7 grams fat*

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## EVERYTHING BAGEL BAKED COD BOWL

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2 servings *Everything Bagel Baked Cod*  
 2 servings *Wild Rice and Barley Pilaf*  
 2 cups (142 grams) steamed broccoli  
 1 lemon, cut in half

Divide cod, pilaf and broccoli evenly between 2 serving bowls or lunch containers. Squeeze half a lemon over the top of each. Serve warm. Makes 2 servings.

*Per serving: 427 calories | 29 grams protein | 45 grams carbs | 17 grams fat*

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## FISH TACOS

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4 ounces (113 grams) cooked cod or other whitefish  
 ¼ cup (11 grams) chopped cilantro  
 1 cup (90 grams) cabbage, shredded  
 3 tablespoons salsa  
 ½ avocado  
 3 corn tortillas, warmed

Divide ingredients evenly among tortillas. Makes 1 serving.

*413 calories | 33 grams protein | 48 grams carbs | 11 grams fat*

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## FISH TACOS WITH CORN, ZUCCHINI AND RADISH SLAW

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12 ounces (340 grams) whitefish (such as halibut or cod)  
 ½ zucchini, shredded  
 3 radishes, shredded  
 ½ cup (50 grams) shredded red cabbage  
 ½ cup (88 grams) corn, cooked and cooled  
 4 corn tortillas

### *Marinade/Slaw Dressing*

juice of 1 lime (2 tablespoons)  
 ¼ cup (60 milliliters) balsamic vinegar  
 1 tablespoon olive oil  
 1 teaspoon honey  
 1 tablespoon minced red onions  
 ¼ cup (15 grams) chopped cilantro

Preheat oven to 300°F/150°C. Whisk marinade ingredients together in a large bowl, and then divide between two

separate bowls. Add fish to one bowl and flip to fully coat with marinade. Add veggies and corn to the other.

Heat a stovetop griddle or skillet on medium-high and add a drizzle of water. When water sizzles, add fish and cover with marinade. Cook about 3 minutes, then flip and cook 2 more minutes, or until fish flakes when cut with a fork.

To serve, place 2 tortillas on a baking tray and bake 3 minutes until crisp but still pliable. (Warming them in a dry skillet also would work.) Divide slaw and fish into 4 servings. Top heated tortillas with half the slaw and half the fish. Makes 2 servings.

*Per serving: 444 calories | 41 grams protein | 44 grams carbs | 12 grams fat*

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## HONEY-GLAZED SALMON FILLETS

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2 tablespoons honey  
 1 tablespoon tamari soy sauce  
 2 tablespoons balsamic vinegar  
 2 tablespoons water  
 1 clove garlic, minced  
 2 (5-ounce/142-gram) salmon fillets  
 dash sea salt and ground black pepper  
 1 teaspoon olive oil  
 1 green onion, cut on the bias

Combine honey, tamari, vinegar, water and garlic in a bowl and whisk together with a fork. Rinse salmon under cool running water and pat dry with a paper towel, then sprinkle with salt and pepper.

Heat a cast-iron or nonstick skillet over medium-high heat. Add oil. Place salmon in pan and cook 3 minutes. Flip salmon. Pour honey sauce over salmon, then cook 2 to 3 more minutes, or until sauce starts to thicken. Check for doneness by flaking salmon with a fork at the thickest part. Salmon should flake easily when done. Baste salmon with sauce. Remove from pan and serve with any remaining sauce on top. Garnish with green onions. Makes 2 servings.

*Per serving: 403 calories | 37 grams protein | 21 grams carbs | 18 grams fat*

## HORSERADISH-ROASTED COD WITH RED POTATOES

---

1 piece whole-wheat bread  
 ½ pound (227 grams) red potatoes, sliced  
 2 teaspoons olive oil, divided  
 1 teaspoon sea salt, divided  
 2 teaspoons ground black pepper, divided  
 1 small lemon, thinly sliced, seeds removed  
 2 tablespoons horseradish  
 2 carrots, grated  
 ½ cup (30 grams) fresh parsley, chopped  
 12 ounces (340 grams) cod fillets

Preheat oven to 400°F/200°C. Place bread directly on the middle oven rack and set timer for 15 minutes.

Meanwhile, in a large bowl, toss potatoes with 1 teaspoon olive oil, ½ teaspoon sea salt, 1 teaspoon ground black pepper and lemon slices. Roast on a baking sheet lined with parchment paper for 45 minutes, or until tender when pierced with a fork, tossing once halfway through.

Check bread after 15 minutes, but keep toasting in 5-minute increments until completely crisp but not burned. Use a food processor (or a sharp chef's knife) to mince bread into crumbs. Combine breadcrumbs, horseradish, carrots, parsley, ¼ teaspoon sea salt and remaining 1 teaspoon olive oil. Season cod with remaining sea salt and pepper and top with breadcrumb mixture.

Remove potatoes and lemons from baking sheet and cover to keep warm. Arrange cod on same baking sheet and roast until cooked through, about 15 minutes. Check for doneness by flaking with a fork at the widest part. Divide in half and serve with half the potatoes. Makes 2 servings.

*Per serving: 358 calories | 37 grams protein | 37 grams carbs | 7 grams fat*

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## PEPPERED TUNA STEAKS

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1 pound (454 grams) fresh tuna steaks  
 ¼ cup (59 milliliters) olive oil  
 2 tablespoons coarsely grated peppercorns  
 1 teaspoon salt or to taste

Preheat grill to 400°F/200°C.

Rub tuna steaks with olive oil. Generously season both sides of tuna steaks with peppercorns and salt. Grill tuna steaks for about 3 to 4 minutes per side. If you like your tuna steaks rare on the inside, grill for less time, about 2.5 minutes per side. Check for desired doneness before removing from heat. Makes 4 servings.

*Per serving: 293 calories | 27 grams protein | 2 grams carbs | 20 grams fat*

## SALMON IN WHISKY BUTTER SAUCE WITH GRILLED ASPARAGUS AND LIME JASMINE RICE

RECIPE BY ALAYNA LULL, MPC2021 MEMBER, U.S.

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1 teaspoon lemon pepper  
 1 teaspoon garlic powder  
 1-2 teaspoons sea salt, divided  
 2 (4- to 6-ounce/227-gram) salmon fillets  
 1 tablespoon butter  
 4 tablespoons olive oil, divided  
 1½ cups (360 milliliters) + 2 tablespoons vegetable stock  
 ¼ cup (60 milliliters) whisky  
 1 cup (180 grams) jasmine rice  
 dash sea salt  
 zest of 1 lime  
 10 asparagus spears  
 juice of 1 lime, divided

Combine lemon pepper, garlic powder and 1 teaspoon sea salt in a small bowl and stir to combine. Pat spice mix onto both sides of salmon.

Place a skillet over medium heat and add butter and 1 tablespoon olive oil. When butter is melted, add salmon and sear about 1 to 2 minutes per side in olive oil. When cooked to your desired doneness, remove salmon from pan and set aside.

Add 2 tablespoons vegetable stock and whisky to pan. Deglaze, using a spatula to lift fond from the bottom of pan, then let simmer 5 to 10 minutes to cook off alcohol and reduce to your taste.

Meanwhile, add remaining 1½ cups vegetable stock, rice and a pinch sea salt to a pot and bring to a boil. Reduce heat to low and cover, simmering for about 15 minutes, or until liquid is absorbed and rice is soft. Remove from heat and fluff with a fork. Add lime zest and stir to combine. Leave cover on and set aside.

While rice is cooking, add asparagus, remaining olive oil, half the lime juice and a dash sea salt to a bowl and toss to combine. Heat a grill or place grill pan over medium heat. When hot, cook asparagus, turning continuously, until softened.

To serve, place salmon, rice and asparagus on a plate, squeeze remaining lime juice over entire dish, if desired, pour whisky sauce over salmon and asparagus, and enjoy with your favorite beverage. Makes 2 servings.

*Per serving: 506 calories | 21 grams protein | 54 grams carbs | 18 grams fat*

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## SALMON WITH CREAMY DILL SAUCE

½ teaspoon paprika  
 ¼ teaspoon smoked paprika  
 ½ teaspoon salt  
 ¼ teaspoon black pepper  
 ½ teaspoon garlic powder  
 1 pound (454 grams) salmon fillets

### *Dill Sauce*

¾ cup (170 grams) low-fat plain Greek yogurt  
 ¼ cup (56 grams) mayonnaise  
 1 tablespoon lemon juice  
 ¼ cup (2 grams) fresh dill, chopped  
 ¼ teaspoon salt  
 ¼ teaspoon black pepper

Line a baking sheet with parchment paper and set aside. Preheat oven to 400°F/200°C.

Meanwhile, combine dill sauce ingredients in a small bowl. Refrigerate until ready to serve.

Combine herb ingredients in a small bowl. Place salmon fillets on lined baking sheet. Coat salmon evenly with herb seasoning mixture. Bake 12 to 15 minutes, or until salmon is flakey and cooked to your liking. Serve with the dill sauce. Makes 4 servings.

*Per serving: 295 calories | 27 grams protein | 2 grams carbs | 19 grams fat*

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## SAM'S LEMON SOLE

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1 teaspoon olive oil  
 12 ounces (340 grams) sole fillets  
 dash salt and pepper  
 2 tablespoons flour  
 2 teaspoons butter  
 juice of 1 lemon

Heat oil in a skillet set over medium heat. Season fillets with salt and pepper and dredge in flour, tapping off the excess. Cook 3 to 4 minutes on each side, or until brown. Add butter and lemon juice and let cook 1 minute more, spooning butter-lemon juice mixture over fillets. Makes 2 servings.

*Per serving: 228 calories | 22 grams protein | 8 grams carbs | 12 grams fat*

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## SHRIMP BLT TACOS WITH LEMON-BASIL MAYO

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8 slices thick-cut bacon  
 1 tablespoon olive oil  
 1 clove garlic, chopped  
 1 pound (454 grams) peeled and deveined, ready-to-eat, cooked shrimp  
 dash salt  
 dash pepper  
 ½ cup (112 grams) mayonnaise  
 juice of 1 lemon  
 ¼ cup (11 grams) loosely packed fresh basil leaves, finely chopped  
 8 (6-inch/15-centimeter) flour tortillas  
 1 cup (57 grams) shredded lettuce of choice  
 1 medium tomato, diced

Cook bacon either in the microwave or on the stove according to package instructions. Once cooked, let cool, then chop and set aside.

Place a medium skillet over medium-high heat. Add olive oil and garlic and cook for about 30 seconds to 1 minute. Add shrimp, season with salt and pepper, and cook until heated through, about 5 to 6 minutes.

In the meantime, in a small bowl, combine mayonnaise, lemon juice, chopped basil, and a dash salt and pepper.

Assemble tacos by smearing lemon-basil mayonnaise on each tortilla and topping with shrimp, bacon, lettuce and tomato. Makes 4 servings.

*Per serving: 646 calories | 36 grams protein | 28 grams carbs | 43 grams fat*

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## SKILLET CILANTRO LIME SHRIMP WITH PAN-FRIED RICE

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¼ cup (60 milliliters) lime juice  
 1½ tablespoons olive oil, divided  
 2 tablespoons chopped cilantro, plus extra for garnish  
 2 teaspoons crushed garlic  
 ½ teaspoon black pepper  
 1 pound (454 grams) peeled, deveined shrimp  
 2 cups (316 grams) cooked jasmine rice or rice of choice

remaining marinade into skillet. Continue cooking to reduce marinade to a thick sauce, about 4 to 5 minutes. Remove shrimp and sauce to a plate and set aside.

Add cooked rice to skillet and fry 4 to 6 minutes. Stir to incorporate any remaining sauce and flavor from skillet to rice.

Combine lime juice, 1 tablespoon olive oil, cilantro, garlic and black pepper in a bowl with a lid and whisk well to combine. Add shrimp and refrigerate for at least 30 minutes (or preferably overnight) to marinate.

To serve, place rice with shrimp on top and garnish with fresh cilantro. Makes 4 servings.

*Per serving: 273 calories | 26 grams protein | 26 grams carbs | 7 grams fat*

Add ½ tablespoon olive oil to a large skillet and place over medium-high heat. Add shrimp to skillet and cook 2 to 3 minutes, or until pink. Flip shrimp over and pour

**Note:** *This recipe requires time to marinate.*

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# VEGETARIAN/VEGAN

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## AIR-FRYER CRISPY BROCCOLI QUINOA CAKES

VEGETARIAN

2 large eggs  
½ cup (54 grams) breadcrumbs  
¼ cup (25 grams) grated Parmesan cheese  
½ teaspoon salt  
½ teaspoon black pepper  
1 teaspoon minced garlic  
1 cup (185 grams) cooked quinoa  
3 cups (273 grams) steamed broccoli florets, chopped

Preheat air fryer or oven to 400°F/200°C. Spray the air-fryer basket with nonstick cooking spray or line a baking sheet with parchment paper and set aside.

Lightly beat eggs in a large bowl. Add breadcrumbs, cheese, salt, pepper, garlic and quinoa to bowl. Combine

well. Stir in chopped steamed broccoli. Form patties using your hands. If batter is too wet, add breadcrumbs 1 tablespoon at a time.

Arrange patties on prepared air-fryer basket or baking pan. Air-fry or cook 5 to 6 minutes, per side, or until heated through and crispy on the outside. Cook in batches, if needed.

Serve with ketchup, dill sauce, mustard or barbeque sauce. Makes 4 servings.

*Per serving: 197 calories | 11 grams protein | 25 grams carbs | 6 grams fat*

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## BUTTER TOFU

VEGETARIAN

2 pounds (907 grams) firm tofu, cut into cubes  
¾ teaspoon sea salt, divided  
¼ teaspoon black pepper  
1 tablespoon curry powder  
1 teaspoon turmeric  
1 teaspoon paprika  
2 tablespoons olive oil  
1 small yellow onion, chopped  
1 teaspoon chopped garlic  
1 teaspoon grated ginger  
1 (15-ounce/425-gram) can crushed tomatoes  
1 cup (134 grams) frozen peas  
1 (5-ounce/142-gram) can evaporated milk  
2 tablespoons unsalted butter  
chopped fresh cilantro for garnish (optional)

Season tofu with ¼ teaspoon salt and black pepper. In a small bowl, combine curry powder, turmeric and paprika. Add to tofu and toss to coat.

Heat oil in a large skillet over medium heat. Add onions and cook, stirring occasionally, until soft and slightly translucent, about 3 minutes. Add garlic and ginger to pan, cook, stirring about 1 minute. Then add spiced tofu and brown on all sides, about 2 to 3 minutes.

Add crushed tomatoes, frozen peas and remaining salt, and bring to a simmer. Using a wooden spoon, scrape up any browning on the bottom of pan. Reduce heat to medium-low, cover and cook, 5 minutes.

Stir in evaporated milk. Remove from heat and stir in butter. Serve topped with cilantro, if desired. Makes 6 servings.

*Per serving: 305 calories | 20 grams protein | 16 grams carbs | 18 grams fat*

CAJUN CHICK'N PASTA WITH PEPPERS

VEGAN

- 4 frozen plant-based chick'n nuggets
- ½ teaspoon no-salt Cajun seasoning (or mixture of paprika, onion powder and thyme)
- 2½ ounces (71 grams) dry linguine of choice
- 1 tablespoon extra-virgin olive oil\*
- 1 small(ish) or ½ large red bell pepper, extra-thinly sliced, raw or pan-grilled
- ½ small jalapeño pepper, extra-thinly sliced crosswise, with or without seeds
- 1 small garlic clove, minced
- ⅓ teaspoon sea salt
- 10 large fresh basil leaves, thinly sliced
- 1½ tablespoons pine nuts, pan-toasted (optional)

Prepare chick'n nuggets according to package directions. Sprinkle generously with Cajun seasoning.

Meanwhile, cook linguine in a large saucepan according to package directions in salted water. Drain pasta, reserving ¼ cup of cooking liquid.

Return drained linguine to dry saucepan and place over medium heat. Add olive oil, bell peppers, jalapeños, garlic, salt and 2 tablespoons cooking liquid (or as needed) and toss with tongs to combine. Add chick'n and basil and toss to combine. Adjust seasoning. Transfer to a bowl, sprinkle with pine nuts (if using) and serve. Makes 1 serving (about 2¼ cups/375 grams each).

*638 calories | 30 grams protein | 77 grams carbs | 27 grams fat*

*\*Hint: Instead of or in addition to the olive oil, toss in a couple tablespoons soft tree-nut (cashew) cheese or vegan pesto for extra scrumptiousness.*

FALAFEL

VEGAN

- 2 cups (360 grams) dried chickpeas
- ¼ teaspoon baking soda
- 1 cup (60 grams) fresh parsley, stems removed
- ¾ cup (12 grams) fresh cilantro, stems removed
- ½ cup (4 grams) fresh dill, stems removed
- 1 small onion, quartered
- 7-8 garlic cloves, peeled
- 1 teaspoon salt
- 1 teaspoon black pepper
- 1 tablespoon ground cumin
- 1 teaspoon baking powder
- 2 tablespoons toasted sesame seeds
- 1 tablespoon olive oil

Preheat oven to 375°F/190°C. Generously oil a baking sheet and set aside.

Soak chickpeas 24 hours in water that has ¼ teaspoon baking soda mixed in. Drain well and pat them dry.

Add chickpeas along with remaining ingredients to a food processor or blender and process until the consistency is a course meal. Transfer mixture to a bowl; cover and place in the fridge for at least 1 hour. Using your hands, scoop out 2 tablespoons falafel mixture and form them into small patties about ½-inch thick. Place them on prepared baking sheet. Bake 25 to 30 minutes, flipping falafel patties halfway through, or until they're golden brown on both sides. Allow to cool before serving or storing in the refrigerator. Makes 4 servings.

*Per serving: 394 calories | 20 grams protein | 61 grams carbs | 10 grams fat*

GNOCCHI ALLA "VODKA" WITH GREENS

VEGAN

- ¾ cup (185 milliliters) marinara sauce of choice
- ½ cup (85 grams) canned, drained cannellini beans\*
- 2 large garlic cloves
- 1½ teaspoons red wine vinegar
- 1 (17.6-ounce/500-gram) package (vegan) potato gnocchi\*\*
- 1 (5-ounce/142-gram) package fresh baby spinach or baby kale
- ¼ teaspoon sea salt
- ¼ cup (11 grams) packed fresh basil leaves, thinly sliced
- ⅛ teaspoon crushed hot pepper flakes (optional)

Add marinara sauce, beans, garlic and vinegar to a blender and puree until creamy. Then pour pureed sauce into a large (12-inch/30-centimeter), deep skillet and bring to a simmer over medium heat.

Meanwhile, cook gnocchi according to package directions. Drain gnocchi, reserving ½ cup (120 milliliters) cooking liquid. Stir reserved liquid and gnocchi into sauce. Remove from heat. Add greens and salt and stir until greens are just wilted.

Top with basil and hot pepper flakes (if desired).  
Makes 3 servings.

*Per serving: 438 calories | 15 grams protein | 84 grams carbs | 5 grams fat*

*\*With leftover cannellini beans, you can make Simple Cannellini Bean Salad.*

*\*\*If you can't find vegan gnocchi or prefer pasta, substitute 10 ounces (285 grams) rotini or penne and plan to add extra marinara to taste.*

GRILLED BROWN SUGAR BOURBON TEMPEH

VEGETARIAN

- 1 pound (454 grams) tempeh
- ½ cup (118 milliliters) low-sodium vegetable broth
- chopped green onions (optional, garnish)

*Marinade*

- ¼ cup (59 milliliters) soy sauce
- ¼ cup (59 milliliters) store-bought barbecue sauce
- ¼ cup (59 milliliters) bourbon
- ¼ cup (61 grams) unsweetened applesauce
- ¼ cup (40 grams) chopped white or yellow onions
- 1 teaspoon minced garlic
- ½ teaspoon ground ginger or 2 teaspoons grated fresh ginger
- 1 tablespoon olive oil
- 2 tablespoons apple cider vinegar
- 2 tablespoons brown sugar
- ¼ teaspoon black pepper or red pepper flakes

Cut tempeh into 4 portions. In a medium bowl, combine ingredients for marinade in a zip-top bag. Reserve ⅓ cup

marinade for later. Add tempeh to bag and let marinate in the fridge for at least 30 minutes or overnight.

Preheat the grill to medium heat. Discard marinade in bag and grill tempeh about 5 to 8 minutes per side, or until heated through.

Add reserved marinade to a small saucepan; add vegetable broth and bring to a boil over medium-high heat. Once boiling, reduce heat to medium-low and continue to simmer until sauce has thickened, about 5 to 6 minutes.

Serve sauce over tempeh. Add chopped green onions (if using). Makes 4 servings.

*Per serving: 352 calories | 21 grams protein | 28 grams carbs | 16 grams fat*

**Note:** *This recipe requires time to marinate.*

## HORSERADISH-ROASTED TOFU WITH RED POTATOES

VEGAN

16 ounces (453 grams) extra-firm tofu  
 1 piece whole-wheat bread  
 ½ pound (227 grams) red potatoes, sliced  
 2 teaspoons olive oil, divided  
 1 teaspoon sea salt, divided  
 2 teaspoons ground black pepper, divided  
 1 small lemon, thinly sliced, seeds removed  
 2 tablespoons horseradish  
 2 carrots, grated  
 ½ cup (30 grams) fresh parsley, chopped

Cut tofu lengthwise into 1-inch-thick slices and press between 2 paper towels. Place on a plate and set another plate on top to help press out excess moisture. Allow moisture to drain from tofu while you prepare other ingredients.

Place bread directly on the middle oven rack and set timer for 15 minutes. Meanwhile, in a large bowl, toss potatoes with 1 teaspoon olive oil, ½ teaspoon sea salt, 1 teaspoon ground black pepper and lemon slices. Roast on a baking sheet lined with parchment paper for 45

minutes, or until tender when pierced with a fork, tossing once halfway through.

Check bread after 15 minutes but keep toasting in 5-minute increments until completely crisp but not burned. Use a food processor (or a sharp chef's knife) to mince bread into crumbs.

Combine breadcrumbs, horseradish, carrots, parsley, ¼ teaspoon sea salt and remaining 1 teaspoon olive oil. Season tofu with remaining sea salt and ground black pepper.

Remove potatoes and lemons from baking sheet and cover to keep warm. Arrange tofu on same baking sheet and roast about 15 minutes. Flip tofu and roast another 15 minutes, making sure it doesn't brown too much. Top with breadcrumb mixture and cook 5 more minutes. Divide in half and serve with half the potatoes. Makes 2 servings.

*Per serving: 448 calories | 29 grams protein | 43 grams carbs | 17 grams fat*

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 LEMONY LENTIL SALAD WITH POMEGRANATE AND MINT

VEGAN

1½ teaspoons lemon juice  
 2½ teaspoons extra-virgin olive oil  
 ⅛ teaspoon sea salt, or to taste  
 ½ cup (90 grams) chilled cooked brown lentils or canned lentils, drained  
 ¼ cup (38 grams) finely diced English cucumbers  
 1½ tablespoons chopped fresh mint leaves plus a few small mint leaves, divided  
 2 teaspoons pomegranate arils (seeds)

In a medium mixing bowl, whisk together lemon juice, olive oil and salt. Add lentils, cucumbers and chopped mint and stir to combine.

Transfer to a small serving bowl, sprinkle with pomegranate arils and small mint leaves and serve. Makes 1 serving (about ⅔ cup/140 grams each).

*228 calories | 10 grams protein | 23 grams carbs | 12 grams fat*

MINI VEGETARIAN MEATLOAVES SHEET PAN DINNER

VEGETARIAN

1 bunch broccoli, about 1½ pounds (680 grams)  
 2 tablespoons olive oil  
 dash salt and pepper  
 3 cups (720 milliliters) water  
 1 cup (192 grams) dry lentils  
 1 small onion, grated  
 ¾ cup (61 grams) quick-cooking oats  
 ½ teaspoon garlic powder  
 ¼ cup (28 grams) whole-wheat breadcrumbs  
 2 large eggs, beaten  
 5 tablespoons ketchup, divided  
 1 tablespoon Worcestershire sauce

Preheat oven to 350°F/180°C. Line a large-rimmed baking sheet with aluminum foil and spray with nonstick cooking spray.

In a medium bowl, toss broccoli with olive oil and season with salt and pepper.

Add water to a large saucepan, sprinkle with salt and bring to a boil. Add lentils and simmer covered 25 to 30 minutes, or until lentils are soft and most of the water has evaporated. Remove from heat. Drain lentils and partially mash with a spoon, then scrape into a large mixing bowl and allow to cool slightly. Stir in onions and oats. Add garlic powder, breadcrumbs, eggs, 2 tablespoons ketchup and Worcestershire sauce and mix until well-combined. Season with salt and pepper.

Divide lentil mixture into 4 equal portions and shape into small loaves. Line them up at one end of baking sheet and add broccoli to the other side. Brush top of each loaf with remaining ketchup.

Bake 25 to 40 minutes, or until top of loaves are dry and golden brown and broccoli is tender. Let cool on pan for about 10 minutes before serving. Makes 4 servings.

*Per serving: 427 calories | 24 grams protein | 60 grams carbs | 12 grams fat*

PAN-CHARRED CORN, BLACK BEAN AND QUINOA ENTREE SALAD WITH AVOCADO

VEGAN

1 cup (185 grams) dry quinoa, rinsed and drained  
 1⅞ cups (450 milliliters) low-sodium vegetable broth  
 ¾ teaspoon sea salt, or to taste  
 2 teaspoons avocado oil or sunflower oil  
 1 cup (150 grams) frozen corn, thawed and patted dry  
 1 medium red bell pepper, diced  
 juice of 1½ limes (3 tablespoons)  
 3 tablespoons extra-virgin olive oil  
 2 teaspoons date syrup, brown rice syrup or coconut nectar  
 ½ teaspoon ground coriander or cumin, or both  
 1 (15-ounce/425-gram) can black beans, rinsed and drained  
 2 scallions, green and white parts, thinly sliced  
 1 large handful fresh cilantro leaves and tender stems, chopped  
 1 medium avocado, peeled, seeded and diced\*

Add quinoa, broth and salt to a medium saucepan. Bring to a boil over high, then reduce heat to low, cover and cook until liquid is absorbed, about 16 to 18 minutes. Set aside.

Meanwhile, heat avocado or sunflower oil in a large stick-resistant skillet over medium-high. Add corn and red peppers and saute until browned, about 8 minutes.

In a large bowl, whisk lime juice, olive oil, syrup and coriander or cumin. Add cooked quinoa, black beans and corn mixture and stir to combine. Chill.

When ready to serve, stir in scallions and cilantro. Gently stir in avocado. Adjust seasoning and serve. Store up to 4 days in the refrigerator. Makes 4 servings (about 1¾ cups/1,350 grams each).

*Per serving: 452 calories | 13 grams protein | 55 grams carbs | 23 grams fat*

*\*Optional: For best results, gently stir 1 teaspoon lemon juice and a pinch of salt with the diced avocado before stirring into the quinoa salad.*

## REALLY EASY VEGGIE BURGER

VEGAN

½ cup (58 grams) canned, drained black beans, rinsed and patted fully dry  
 1½ tablespoons chickpea flour  
 1 tablespoon Texas-style barbecue sauce (preferably fruit-sweetened)  
 pinch sea salt (if using low-sodium black beans)  
 1 tablespoon avocado oil or sunflower oil  
 1 seeded or whole-grain burger bun  
 toppings of choice: ketchup, mustard, vegan mayo, pickles, plant-based cheese, red onions, roasted red peppers, tomatoes, kimchi, arugula, lettuce, microgreens, avocado

In a medium bowl, mash together beans, flour, barbecue sauce and salt (if using) with a potato masher until just slightly lumpy. Form into a 4-inch/10-centimeter burger patty on a small piece of unbleached parchment paper using a flexible spatula.

Heat oil in a small stick-resistant skillet over medium-high. Carefully add patty (with the help of the parchment paper) and cook until extra-well browned and crisp on the bottom, about 4 minutes. Reduce heat to medium, gently flip over patty and cook until extra-well brown and crisp, about 3 minutes more. Serve on a bun with toppings of choice. Makes 1 serving.

446 calories | 14 grams protein | 62 grams carbs | 17 grams fat

*Hint: If you don't have parchment paper, add the bean burger mixture in a mound directly into the skillet, then quickly and carefully form into a patty directly in the skillet using a flexible spatula.*

## SAVORY SOUTHWESTERN OATMEAL

VEGAN

1 teaspoon sunflower oil  
 ⅓ cup (50 grams) frozen corn, thawed  
 1 cup (240 milliliters) vegetable broth  
 1½ teaspoons lime juice  
 ½ cup (50 grams) rolled old-fashioned oats  
 ½ cup (85 grams) canned, drained pinto or black beans\*  
 6 grape tomatoes, quartered  
 1-2 tablespoons packed chopped fresh cilantro leaves  
 ¼ teaspoon sea salt, or to taste  
 2 tablespoons deli-prepared guacamole (optional)

In a medium saucepan, heat oil over medium-high heat. Carefully add corn and saute until browned, about 4 minutes. Add broth and lime juice and bring to a boil over high heat. Stir in oats and beans, reduce heat to medium and stir occasionally until oats are fully cooked, about 5 minutes. Add tomatoes, cilantro and salt (to taste). If using, top with guacamole. Makes 1 serving.

396 calories | 12 grams protein | 61 grams carbs | 13 grams fat

*\*With leftover beans, you can make Simple Pinto Bean Salad.*

SEARED PORTOBELLO MUSHROOMS WITH BALSAMIC GLAZE

VEGETARIAN

¼ cup (60 milliliters) balsamic vinegar  
 2 tablespoons lemon juice  
 2 teaspoons brown sugar  
 6 large portobello mushroom caps  
 4 ounces (113 grams) fresh mozzarella, diced or shredded  
 2 teaspoons olive oil

Heat oven to 375°F/190°C. Line sheet pan with parchment paper. In a small bowl, combine vinegar, lemon juice and

brown sugar; whisk well and set aside. Place mushroom caps upside down on sheet pan and brush with half vinegar mixture. Top each mushroom with mozzarella, then remaining vinegar mixture. Drizzle with olive oil and bake 20 minutes. Makes 2 servings.

*Per serving: 373 calories | 27 grams protein | 19 grams carbs | 18 grams fat*

SHIITAKE MUSHROOM BURGERS

VEGETARIAN

½ cup (72 grams) dried shiitake mushrooms  
 1 cup (240 milliliters) boiling water  
 2 slices whole-wheat bread, toasted until firm  
 1 pound (454 grams) fresh shiitake mushrooms, stems removed  
 3 teaspoons olive oil, divided  
 ½ cup (80 grams) finely chopped onions  
 1 carrot, finely chopped  
 3 cloves garlic, minced  
 ½ cup (70 grams) bulgur, dry  
 ¼ teaspoon sea salt  
 ½ teaspoon dried rosemary  
 2 ounces (57 grams) shredded mozzarella cheese

In a small bowl, combine dried mushrooms and boiling water and let stand until softened. Remove mushrooms from soaking liquid and finely chop. Reserve soaking liquid.

In a food processor, process bread until finely crumbled; set aside. Add fresh mushrooms to processor and process until finely chopped.

In a large saucepan placed over low heat, add 2 teaspoons oil. Add onions, carrots and garlic and cook, stirring frequently, for 7 minutes, or until onions are tender. Add fresh mushrooms and reconstituted dried mushrooms and stir to combine. Add bulgur, salt, rosemary and reserved soaking liquid to saucepan, increase heat to medium, cover and cook 10 minutes, stirring occasionally.

Uncover and cook 5 to 7 minutes, or until bulgur is tender and liquid has been absorbed. Transfer to a large bowl and let cool to room temperature. Once cooled, stir in breadcrumbs and cheese.

Place a large skillet over medium heat and add remaining 1 teaspoon oil. Shape mushroom mixture into four patties and cook 3 minutes per side, until crusty and heated through. Makes 2 servings.

*Per serving: 599 calories | 33 grams protein | 75 grams carbs | 17 grams fat*

SIMPLE PINTO BEAN SALAD

VEGAN

1½ teaspoons lime juice  
 2 teaspoons extra-virgin olive oil  
 pinch sea salt (optional)  
 1 cup (170 grams) canned, drained pinto or black beans  
 1 tablespoon packed chopped fresh cilantro

In a medium bowl, whisk together lime juice, olive oil and, if using, salt. Add beans and cilantro and stir to combine. Makes 2 servings.

*Per serving: 137 calories | 6 grams protein | 17 grams carbs | 5 grams fat*

SKILLET-COOKED EGGPLANT DIP

VEGAN

2 tablespoons extra-virgin olive oil  
 3 cups packed (10 ounces/283 grams) diced eggplant with peel  
 1 garlic clove, minced  
 3 tablespoons tahini  
 juice and zest of ½ lemon (1½ tablespoons juice)  
 ¼ teaspoon ground cumin  
 ¼ teaspoon sea salt, or to taste  
 3 tablespoons unsweetened green tea or water, or as needed  
 1 tablespoon finely chopped fresh flat-leaf parsley (optional)

Add garlic and cook while stirring until fragrant, about 30 seconds.

Transfer eggplant mixture to a blender. Add tahini, lemon juice and zest, cumin, salt and tea or water and puree until smooth.

Transfer dip to a sealable container and refrigerate for at least 2 hours. Adjust seasoning, garnish with parsley (if using) and serve with pita wedges or sliced cucumbers. Keeps well in the refrigerator for up to 1 week. Makes 4 servings (about ¼ cup/65 grams each).

*Per serving: 142 calories | 3 grams protein | 6 grams carbs | 13 grams fat*

In a large stick-resistant skillet, heat olive oil over medium-high. Add eggplant and cook while stirring occasionally until cooked through and browned, about 10 minutes.

SPICY BRAISED TOFU

VEGETARIAN

3 tablespoons low-sodium soy sauce  
 3 tablespoons mirin  
 1 teaspoon sesame oil  
 ¾ teaspoon red pepper flakes  
 3 tablespoons water  
 1 (14-ounce/392-gram) block firm tofu, drained salt, to taste  
 2 tablespoons olive oil, divided  
 1 teaspoon minced garlic  
 1 teaspoon finely chopped ginger  
 1 scallion, thinly sliced

Cut tofu in half lengthwise, then again into 6 sections. Season tofu lightly with salt (to taste).

Add 1 tablespoon olive oil to a large skillet. Cook tofu in skillet until brown, about 5 minutes per side. Remove and set aside. In same skillet, add remaining olive oil along with garlic, ginger and sliced scallions. Cook, stirring frequently, until softened, about 1 minute. Return tofu to skillet. Pour sauce over tofu and bring to a simmer. Reduce heat to low and cook, turning tofu at least once, about 4 minutes. Serve with sauce and some rice. Makes 2 servings.

*Per serving: 298 calories | 14 grams protein | 18 grams carbs | 20 grams fat*

Whisk together soy sauce, mirin, sesame oil, red pepper flakes and water in a small bowl and set aside.

## SWEET POTATO AND KALE COUSCOUS

VEGAN

2 medium sweet potatoes, cut into 1-inch cubes  
 1¾ cup (413 milliliters) low-sodium vegetable broth  
 1½ cups (259 grams) dry couscous  
 2 tablespoons olive oil, divided  
 1 teaspoon minced garlic  
 1 small onion, diced  
 2 cups (134 grams) fresh kale, chopped  
 ½ teaspoon salt

Add water and potatoes to a large pot. Bring to a boil over high heat. Reduce heat to a simmer and continue cooking until potatoes are fork-tender, about 15 minutes. Drain and set aside.

Add broth to a medium saucepan and bring to a boil. Stir in couscous and cover with a lid. Remove from heat and allow to steam 5 minutes. Use a fork to fluff couscous and break up any clumps.

Add 1 tablespoon olive oil to a large skillet and heat over medium-high heat. Add garlic and saute until fragrant, about 1 minute. Add diced onions to pan and cook until soft and translucent, about 2 to 3 minutes, stirring frequently. Add kale and cook, until wilted, stirring frequently, about 1 to 2 minutes.

Transfer couscous and sweet potatoes to a large bowl. Then add cooked onions and kale to bowl. Add remaining olive oil and season with salt. Toss well to combine. Makes 8 servings.

*Per serving: 220 calories | 7 grams protein | 40 grams carbs | 4 grams fat*

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 TEMPEH AND CHUTNEY SWEET POTATO CAKES

VEGETARIAN

1 (6-ounce/160-gram) sweet potato, peeled  
 2 eggs  
 ¼ teaspoon curry  
 4 teaspoons whole-wheat flour  
 1 teaspoon olive oil  
 8 ounces (227 grams) tempeh, cut into ½-inch chunks

*Mango Chutney*

1 mango, chopped  
 ½ red pepper, minced  
 1 scallion, sliced or 1 tablespoon onions, minced  
 4 tablespoons cilantro, chopped  
 2 tablespoons apple cider vinegar  
 2 teaspoons olive oil  
 1 clove garlic, minced  
 ⅓ teaspoon cumin  
 sea salt and black pepper, to taste

Use a hand grater or food processor to grate sweet potato. In a mixing bowl, combine potatoes with eggs, curry and flour. Heat a small skillet on medium-high heat and spray with cooking spray. Use your hands to shape ingredients into a ball. Place on skillet and press down with the back of a spatula. Brown 5 minutes on each side. Remove potato cake from skillet. Heat olive oil in skillet set on medium heat. Add tempeh chunks and cook until browned. Combine chutney ingredients. Serve sweet potato cake topped with tempeh and chutney. Makes 2 servings.

*Per serving: 518 calories | 32 grams protein | 60 grams carbs | 19 grams fat*

## TEMPEH AND QUINOA BOK CHOY BOWL

VEGAN

2 teaspoons olive oil  
 12 ounces (340 grams) tempeh, cubed  
 2 cups (140 grams) bok choy (Chinese cabbage), chopped  
 1 cup (185 grams) cooked quinoa  
 2 tablespoons *Almond Dipping Sauce*

Heat olive oil in a large skillet over medium heat. Add tempeh to skillet. Cook until browned on one side, about 5 minutes, then flip and cook about 3 more minutes. Add a little water to skillet to keep tempeh from sticking.

Remove tempeh from skillet. Add bok choy and a little water to skillet and let steam-saute until bright green. Combine tempeh and bok choy with quinoa and top with *Almond Dipping Sauce*. Makes 2 servings.

*Per serving: 552 calories | 43 grams protein | 48 grams carbs | 25 grams fat*

*Per serving (with sauce): 596 calories | 45 grams protein | 51 grams carbs | 28 grams fat*

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## TEXAS BBQ SEITAN RICE BOWL WITH PURPLE SLAW

VEGAN

*Purple Slaw*

1 teaspoon rice vinegar  
 1 teaspoon toasted sesame oil  
 1 teaspoon date syrup, brown rice syrup or coconut nectar  
 ⅛ teaspoon sea salt  
 ⅓ cup (35 grams) shredded carrots  
 ⅓ cup (25 grams) finely shredded purple cabbage  
 2 tablespoons chopped fresh cilantro

*BBQ Bowl*

1½ teaspoons avocado oil or sunflower oil  
 4 ounces (113 grams) packaged seitan, chopped or sliced  
 2½ tablespoons Texas-style barbecue sauce  
 (preferably fruit sweetened)  
 1 cup (150 grams) cooked jasmine or short-grain brown rice, steamy warm  
 pinch sea salt  
 ½ teaspoon toasted sesame seeds (optional)

In a medium bowl, whisk together vinegar, sesame oil, syrup and salt. Add carrots, cabbage and cilantro and toss to combine. Set aside.

Heat avocado oil in a medium stick-resistant skillet over medium-high. Add seitan and cook while stirring until browned, about 5 minutes. Carefully add barbecue sauce, remove from heat and cook while stirring until seitan is coated and steamy, about 20 seconds.

Season rice with a pinch salt and arrange in a bowl with barbecue seitan and slaw, sprinkle with sesame seeds (if using) and serve. Makes 1 serving.

*498 calories | 29 grams protein | 65 grams carbs | 15 grams fat*

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THAI TOFU PASTA

VEGETARIAN

8 ounces (227 grams) soba noodles or whole-wheat pasta  
 16 ounces (453 grams) extra-firm tofu  
 1 tablespoon olive oil  
 1 red bell pepper, cut into 1-inch-long thin strips  
 6 scallions, thinly sliced  
 4 cloves garlic, minced  
 1 teaspoon cornstarch  
 1 tablespoon tamari soy sauce  
 juice of 1 lime  
 8 cups (240 grams) fresh spinach  
 ½ cup (21 grams) fresh basil, chopped  
 ¼ cup (13 grams) fresh mint, chopped  
 1 sheet nori, ground in coffee grinder, or 1 teaspoon kelp powder\*

Cook pasta according to package directions, reserving ½ cup (120 milliliters) cooking water when you drain it. When cooked, place pasta in a large bowl.

Slice tofu lengthwise into 4 equal slices and press each between paper towels to remove excess liquid. Then cut into ½- to 1-inch cubes.

Meanwhile, heat oil in a large skillet over medium heat and add red peppers, scallions and garlic. Saute until peppers are softened, about 5 minutes. Add tofu and toss to combine.

Place cornstarch in a small bowl and stir in reserved pasta water. Whisk with a fork while gradually adding soy sauce and lime juice until well-blended. Pour mixture into skillet with tofu mixture. Stir constantly until sauce is slightly thickened, about 1 minute. Add spinach and cover with a lid to steam, about 3 minutes.

Pour tofu mixture over pasta and add basil, mint and nori, tossing to combine. Makes 4 servings.

*Per serving: 438 calories | 34 grams protein | 52 grams carbs | 14 grams fat*

*\*Break nori sheet into pieces small enough to fit into coffee grinder and grind into flakes. Be sure not to “stuff” the coffee grinder with nori. Only grind a few pieces at a time, then use a pastry brush to clean any leftover flakes out of coffee grinder.*

TOFU LO MEIN

VEGETARIAN

8 ounces (227 grams) dry spaghetti noodles (high-protein, high-fiber variety recommended)  
 2 teaspoons olive oil  
 1 teaspoon sesame oil  
 1.5 pounds (680 grams) firm tofu, cut into 1-inch cubes  
 1 tablespoon minced garlic  
 ½ yellow onion, sliced  
 1 cup (105 grams) snow peas or snap peas  
 1 cup (128 grams) shredded carrots  
 1 cup (70 grams) sliced mushrooms  
 1 medium red bell pepper, sliced

*Sauce*

3 tablespoons low-sodium soy sauce  
 3 tablespoons hoisin sauce  
 1 teaspoon sesame oil

In a small bowl, whisk together sauce ingredients. Set aside.

Bring a large pot of water to a boil. Cook spaghetti according to package directions, undercooking by 1 minute, if desired.

Meanwhile, add olive oil and sesame oil to a large nonstick skillet set over medium heat. Once hot, add tofu and garlic. Cook, stirring frequently, until tofu is warmed through. Remove tofu from pan and set aside.

Add all vegetables to pan. Return to heat and cook, stirring constantly, until tender, about 3 to 4 minutes. Add cooked noodles, tofu and sauce to pan and toss well to combine. Continue to cook another 1 to 2 minutes. Makes 4 servings.

*Per serving: 464 calories | 24 grams protein | 65 grams carbs | 12 grams fat*

TOFU PAD THAI

VEGETARIAN

2 ounces (57 grams) dry rice noodles or angel hair pasta  
 hot water (enough to cover noodles)  
 1 tablespoon Asian chili oil or canola oil  
 1 teaspoon minced garlic  
 8 ounces (227 grams) firm tofu, cut into square pieces  
 ½ tablespoon soy sauce  
 ½ tablespoon Sriracha (optional)  
 1 small onion, sliced or chopped  
 1 medium carrot, shredded  
 ½ cup (92 grams) bean sprouts  
 2 large eggs, lightly beaten  
 ¼ cup (36 grams) chopped roasted peanuts  
 2 green onions, thinly sliced

Sauce

1½ tablespoons tamarind paste  
 2 tablespoons fish sauce (optional)  
 1 tablespoon soy sauce  
 2 teaspoons sugar  
 2 teaspoons lime juice

In a large bowl, soak rice noodles in hot water, enough to cover noodles, for 25 minutes. Or cook angel hair pasta according to package directions. Drain and set aside.

In a small bowl, combine sauce ingredients.

Heat oil in a large skillet set over medium-high heat. Stir in garlic; cook 30 seconds. Add tofu and cook 1 minute until just heated through, stirring frequently. Then add soy sauce and Sriracha (if desired).

Turn heat to high, then add onions and cook, stirring, for 3 to 4 minutes. Add sauce, noodles, carrots and bean sprouts. Stir and combine well.

Move all ingredients to one side of pan. Add eggs to remaining side of pan and cook 2 minutes before mixing eggs with rest of ingredients.

Continue stirring until eggs are fully cooked. Remove from heat, then add peanuts and green onions. Makes 4 servings.

*Per serving: 531 calories | 26 grams protein | 48 grams carbs | 27 grams fat*

VEGAN STREET MARKET TEMPEH TACOS

VEGAN

3 tablespoons marinara sauce of choice  
 1 teaspoon lime juice  
 ¼ teaspoon chili powder  
 ⅛ teaspoon ground cumin  
 ⅛ teaspoon smoked paprika  
 ⅛ teaspoon sea salt  
 1½ teaspoons avocado oil or sunflower oil  
 3 ounces (85 grams) tempeh, finely crumbled  
 3 small (street-taco-size) soft flour or corn tortillas, gently warmed  
 toppings of choice: lettuce, scallions or red onions, avocado, shredded vegan cheese, vegan sour cream, pico de gallo, fresh cilantro

In a small bowl, stir together marinara sauce, lime juice, chili powder, cumin, paprika and salt. Set aside.

Heat oil in a medium stick-resistant skillet over medium-high. Add tempeh and cook while stirring until golden brown, about 3½ minutes. Carefully add sauce mixture, remove from heat and cook while stirring until tempeh is well-coated and steamy, about 30 seconds.

Fill tortillas with tempeh taco “meat” and generously add toppings of choice. Makes 1 serving (3 soft tacos each).

*332 calories | 15 grams protein | 42 grams carbs | 12 grams fat*

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# SIDES

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## BAKED CARROT CRISPS

VEGAN

2 large carrots  
2 teaspoons olive or coconut oil  
⅛ teaspoon freshly ground black pepper  
⅛ teaspoon sea salt or kosher salt

pepper and salt. Place in a single layer on a baking tray lined with parchment paper. Bake 7 minutes, then flip and bake another 5 to 7 minutes, or until edges begin to crisp. Makes 2 servings.

Preheat oven to 425°F/220°C. Slice carrots on the bias, about ¼-inch (6 millimeters) thick, and toss with oil,

*Per serving: 75 calories | 1 gram protein | 8 grams carbs | 4 grams fat*

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## CHIVE MASHED POTATOES

VEGETARIAN

2 pounds (907 grams) red potatoes, quartered  
1 teaspoon chicken bouillon granules  
½ cup (120 grams) sour cream  
¼ cup (59 milliliters) low-fat milk  
2 tablespoons butter, cubed  
½ teaspoon salt  
⅛ teaspoon black pepper  
2 chives, stems trimmed and chopped

Place potatoes in a large pot of water along with chicken bouillon. Cover and bring to a boil. Reduce heat to a simmer and cook until tender, about 15 to 20 minutes. Drain and return potatoes to pot. Add sour cream, milk, butter, salt and pepper to potatoes and mash with a potato masher or fork. Mix in chopped chives. Serve warm. Makes 6 servings.

*Per serving: 214 calories | 5 grams protein | 32 grams carbs | 7 grams fat*

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## CITRUSY SLAW

VEGETARIAN

juice of 1 orange  
juice and zest of 1 lime  
½ cup (113 grams) reduced-fat Greek yogurt  
1 cup (90 grams) purple cabbage, shredded  
1 cup (90 grams) green cabbage, shredded  
1 carrot, grated  
½ cup (23 grams) cilantro, chopped

Whisk together orange juice, lime juice and zest, and Greek yogurt in a large mixing bowl. Toss with cabbage, carrots and cilantro. Cover and chill in the refrigerator. Makes 2 servings.

*Per serving: 75 calories | 7 grams protein | 11 grams carbs | 1 gram fat*

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## COLESLAW

VEGETARIAN

¼ cup (56 grams) mayonnaise  
2 tablespoons sugar  
1½ tablespoons lemon juice  
1 tablespoon white wine vinegar  
½ teaspoon black pepper  
¼ teaspoon salt  
1 (14-ounce/397 grams) bag shredded cabbage and carrots coleslaw mix

Combine mayo, sugar, lemon juice, vinegar, pepper and salt in a small bowl and whisk together. Add coleslaw mix to a large bowl and pour dressing over the top. Toss to coat. Keep refrigerated. Makes 4 servings.

*Per serving: 149 calories | 1 gram protein | 12 grams carbs | 11 grams fat*

## EASY LENTILS

VEGAN

1 cup (176 grams) green lentils, uncooked  
 4 cups (946 milliliters) water or broth of choice  
 1 bay leaf

medium heat. Bring to a boil, then reduce heat to the lowest simmer, cover and cook 18 to 20 minutes. Drain and discard bay leaf. Makes 4 servings.

Rinse lentils in a fine mesh sieve under running water. Add lentils, water or broth, and bay leaf to a pot set over

*Per serving: 150 calories | 10 grams protein | 27 grams carbs | 1 gram fat*

## EASY RED LENTIL DHAL

VEGAN

2 teaspoons olive oil  
 1 medium white onion, diced  
 2 large garlic cloves, finely chopped  
 2 teaspoons grated fresh ginger root  
 2 teaspoons garam masala seasoning  
 $\frac{3}{4}$  cup (135 grams) dry red lentils, rinsed and drained  
 1 (14.5-ounce/411-gram) can diced (chopped) tomatoes (do not drain)  
 1 (13.5-ounce/400-milliliter) can coconut milk  
 1 cup (240 milliliters) vegetable broth  
 $\frac{3}{4}$  teaspoon sea salt, or to taste  
 3 cups packed (85 grams) fresh baby spinach  
 juice of  $\frac{1}{2}$  small lemon (1 tablespoon)  
 2 tablespoons packed fresh cilantro leaves (optional)

minutes. Add garlic, ginger and garam masala seasoning and cook while stirring until fragrant, about 1 minute.

Add lentils, tomatoes with liquid, coconut milk, broth and salt and bring to a boil over high heat. Reduce heat to medium-low and cook uncovered while stirring occasionally until lentils are tender, about 25 minutes.

Stir in spinach and lemon juice until spinach wilts, about 30 seconds. Adjust seasoning. Ladle into bowls, sprinkle with cilantro leaves (if using) and enjoy as is or paired with steamed rice or fresh naan. Makes 4 servings (about  $1\frac{1}{4}$  cups/300 grams each).

Add oil to a large saucepan and place over medium heat. Add onions and cook, stirring often, until softened, about 5

*Per serving: 363 calories | 13 grams protein | 31 grams carbs | 23 grams fat*

## EASY ROASTED BROCCOLI

VEGETARIAN

1 pound (454 grams) fresh broccoli, cut into florets  
 2 tablespoons olive oil  
 2 tablespoons Parmesan cheese  
 1 tablespoon garlic powder  
 $\frac{1}{2}$  teaspoon salt  
 $\frac{1}{2}$  teaspoon black pepper

Add broccoli florets to prepared baking sheet in a single layer. Drizzle with olive oil and sprinkle with remaining ingredients.

Roast in oven 15 minutes, then rotate pan and roast an additional 10 minutes, or until broccoli is tender and slightly charred. Makes 4 servings.

Preheat oven to 425°F/220°C. Line a baking sheet with parchment paper.

*Per serving: 116 calories | 5 grams protein | 8 grams carbs | 9 grams fat*

## GARLIC AND ROSEMARY ROASTED HARVEST VEGETABLES

VEGAN

2 medium carrots  
 ½ pound (226 grams) Brussels sprouts, halved  
 2 medium or 1 large sweet potato  
 2 medium parsnips  
 1 medium turnip  
 1 leek or 1 medium yellow onion  
 5 garlic cloves, thinly sliced  
 1 tablespoon olive oil  
 1 tablespoon dried rosemary  
 1 teaspoon kosher sea salt  
 1 teaspoon black pepper

Clean, peel and slice all veggies into rounds or half-rounds, aiming to make them somewhat uniform in size.

Preheat oven to 350°F/180°C. Line a rimmed baking sheet with aluminum foil or parchment paper. (You may need 2 baking sheets.)

In a large mixing bowl, combine all ingredients and toss until all vegetables are coated. Pour veggies onto lined baking sheet in 1 layer. Bake 30 to 40 minutes, or until veggies are tender, tossing a few times throughout. Remove from oven and let cool before serving. Makes 4 servings (1 serving = 1 cup/236 grams).

*Per serving: 156 calories | 4 grams protein | 29 grams carbs | 4 grams fat*

## ROASTED POTATOES WITH LEMON AND PARMESAN

VEGETARIAN

2½ pounds (1.1 kilograms) russet potatoes or red potatoes, cut into 1-inch/2.5-centimeter wedges  
 2 tablespoons olive oil  
 1 teaspoon garlic powder  
 dash salt and pepper  
 1 small lemon  
 ⅓ cup (33 grams) grated Parmesan cheese  
 2 green onions, finely chopped

Preheat oven to 425°F/220°C. Line a baking sheet with parchment paper or aluminum foil.

In a large bowl, toss potato wedges with olive oil and garlic powder. Spread potatoes out in a single layer on lined baking sheet. Season potatoes with salt and pepper and roast until golden and tender, about 30 minutes, stirring halfway through.

Remove from oven and grate zest of lemon over the top. Toss with Parmesan cheese and green onions. Squeeze fresh lemon juice on top before serving. Makes 6 servings.

*Per serving: 212 calories | 6 grams protein | 34 grams carbs | 6 grams fat*

## SAM'S SWEET POTATO WEDGES

VEGAN

Slice up sweet potatoes into chunky bits.  
 Throw on baking tray.  
 Coat with 1 teaspoon coconut oil. Sprinkle with cayenne/chili flakes, Himalayan pink salt.  
 Bake until yummy.\*  
 Serve with protein and veg.  
 Makes 1 serving.

*152 calories | 2 grams protein | 26 grams carbs | 5 grams fat*

**\*Editor's Note:** Use 1 teaspoon coconut oil per potato. Bake at 400°F/200°C for 20 minutes, or until tender.

## SAUTEED GREEN BEANS WITH BACON

1 pound (454 grams) green beans, trimmed  
 4 slices bacon, roughly chopped  
 ½ cup (80 grams) chopped yellow onions  
 1 teaspoon minced garlic  
 ½ teaspoon red pepper flakes  
 1 teaspoon lemon juice  
 ⅛ teaspoon salt  
 ¼ teaspoon black pepper

Bring a large pot of water to a boil. Add green beans and blanch 5 minutes. Remove green beans from water and immediately put them in a large ice bath to stop the cooking. Remove from ice and pat dry.

Heat a large saute pan over medium-high heat. Add bacon. Cook bacon until crisp, stirring occasionally, about 5 minutes. Remove bacon from pan and transfer to a paper-lined plate. Remove remaining oil from pan. Add onions to hot pan and cook, stirring occasionally, until soft and translucent, about 2 to 3 minutes. Sprinkle in garlic and red pepper flakes. Cook an additional minute. Add green beans and bacon back to pan, toss with lemon juice, salt and pepper to combine. Serve warm. Makes 4 servings.

*Per serving: 220 calories | 7 grams protein | 10 grams carbs | 17 grams fat*

## SAUTEED KALE

VEGAN

1 teaspoon olive oil  
 1 clove garlic, minced  
 2 cups (134 grams) kale  
 ½ red bell pepper, diced

Place a skillet over medium heat and add olive oil and garlic. Sautee until softened and fragrant, about 1 minute. Add kale and peppers and continue to cook until kale is softened. Makes 1 serving.

*129 calories | 5 grams protein | 18 grams carbs | 6 grams fat*

## THE BEST BAKED POTATOES

VEGAN

4 medium white potatoes  
 2 tablespoons olive oil  
 coarse sea salt

Arrange an oven rack in the middle position. Preheat oven to 400°F/200°C.

Line a baking sheet pan with aluminum foil. Rub potatoes with olive oil. Place them directly on the lined baking

sheet and sprinkle with coarse sea salt. Bake until tender, about 60 to 70 minutes. You can pierce them with a fork to determine level of doneness. Allow to cool before serving. Makes 4 servings.

*Per serving: 224 calories | 4 grams protein | 37 grams carbs | 7 grams fat*

## VEGETABLE FRIED RICE

VEGETARIAN

1 teaspoon olive oil  
 2 large eggs, beaten  
 2 cups (310 grams) shelled edamame  
 1 cup (195 grams) cooked brown rice  
 2 cups (176 grams) Brussels sprouts, sliced  
 1 teaspoon soy sauce

Heat oil in a nonstick skillet over medium heat. Add eggs and scramble, then remove from pan and set aside. To the same skillet, add edamame, cooked rice, Brussels sprouts and soy sauce. Stir-fry until vegetables are tender. Add cooked eggs back to rice mixture and serve. Makes 2 servings.

*Per serving: 458 calories | 30 grams protein |  
 47 grams carbs | 17 grams fat*

## VEGETABLE UNFRIED QUINOA

VEGAN

2 tablespoons water  
 ¼ yellow onion, chopped  
 1 carrot, diced  
 1 stalk celery, including leaves, finely chopped  
 1 clove garlic, finely diced  
 ½ red pepper, finely diced  
 1 teaspoon tamari or soy sauce  
 1 large egg, beaten  
 2 large egg whites, beaten  
 ½ cup (62 grams) cooked quinoa  
 1 cup (88 grams) broccoli, chopped

Add celery, garlic, peppers and tamari or soy sauce and cook, stirring occasionally until vegetables soften.

Add beaten eggs and egg whites, cover with a lid and heat about 3 minutes. Add cooked quinoa and top with broccoli. Add a splash more water, then cover with a lid and steam about 3 minutes, or until broccoli is bright green. Makes 2 servings.

*Per serving: 139 calories | 11 grams protein |  
 17 grams carbs | 3 grams fat*

Heat water in a medium skillet over medium-high heat. Add onions and carrots and steam-saute until soft, about 5 minutes.

## WARM KALE SALAD WITH BRUSSELS SPROUTS AND PINE NUTS

VEGAN

2 tablespoons olive oil, divided  
 2 cloves garlic, sliced thin  
 1 pound (454 grams) Brussels sprouts, ends removed and sliced thin  
 ¼ cup (57 grams) pine nuts  
 1 pound (454 grams) kale, shredded  
 ¼ teaspoon salt  
 ½ teaspoon black pepper

Remove garlic from skillet and set aside in a bowl. Add Brussels sprouts, pine nuts and remaining olive oil to warm skillet. Cook, stirring occasionally, until Brussels sprouts are tender, about 10 to 12 minutes.

Add kale and cooked garlic to pan. Season with salt and pepper. Cook until kale is wilted and tender, about 1 to 2 minutes. Serve warm. Makes 8 servings.

*Per serving: 112 calories | 5 grams protein |  
 11 grams carbs | 7 grams fat*

Heat 1 tablespoon olive oil in a large skillet over medium-high heat. Add garlic and cook, stirring frequently, until pale in color and golden brown, about 1 to 2 minutes.

## WILD RICE AND BARLEY PILAF

VEGAN

5 cups (1.2 liters) vegetable broth or water, divided  
¾ teaspoon salt, divided  
1 cup (180 grams) uncooked wild rice  
½ cup (100 grams) dry pearl barley  
½ cup (68 grams) toasted pine nuts  
1 teaspoon sesame oil or canola oil  
½ teaspoon lemon juice  
1 teaspoon fresh thyme leaves  
¼ teaspoon black pepper

Bring 3 cups (710 milliliters) vegetable broth or water to a boil in a large pot. Add ½ teaspoon salt. Add wild rice, stir and lower heat to a simmer. Cover and cook, stirring occasionally, for about 45 minutes, or until liquid is completely absorbed.

Meanwhile, bring remaining 2 cups (473 milliliters) vegetable broth or water to a boil in a small pot. Add barley, lower heat to a simmer, cover and cook, stirring occasionally, for about 30 minutes, or until liquid is absorbed.

Once rice and barley are done cooking, add them to a large bowl with remaining ingredients. Toss well to combine. Serve warm. Makes 6 servings.

*Per serving: 252 calories | 6 grams protein | 40 grams carbs | 10 grams fat*

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# SNACKS, BAKED GOODS AND SWEETS

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## CHEESY HERB POPCORN

VEGAN

2½ tablespoons nutritional yeast flakes  
1 teaspoon grated lemon zest  
1 teaspoon minced fresh rosemary or thyme  
½ teaspoon freshly ground black pepper  
¼ teaspoon sea salt  
pinch cayenne pepper  
2 tablespoons extra-virgin olive oil, divided  
¼ cup (55 grams) popcorn kernels

Stir and smash together nutritional yeast flakes and lemon zest in a large bowl. Stir in rosemary, black pepper, salt and cayenne. Set aside.

Fully heat 1 tablespoon olive oil in a medium saucepan over medium-high heat. Add popcorn kernels, cover and cook undisturbed for 1 minute. Then periodically shake pan until popping stops.

Immediately pour popped popcorn into bowl with seasoning. Spritz or sprinkle with remaining 1 tablespoon oil. Stir quickly to coat. Makes 2 servings.

*Per serving: 286 calories | 11 grams protein | 27 grams carbs | 15 grams fat*

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## CHOCOLATE CHIP COOKIE DOUGH HUMMUS

VEGETARIAN

1 (15-ounce/425-gram) can chickpeas  
2 tablespoons maple syrup or honey  
2 tablespoons almond butter  
1 teaspoon vanilla extract  
¼ teaspoon baking powder  
⅛ teaspoon salt  
1½ tablespoons milk of choice  
2 tablespoons mini chocolate chips

Drain chickpeas and run under hot water. Combine all ingredients except milk and chocolate chips in a

food processor or blender; process until it starts to become smooth.

Stream in milk and continue processing until hummus is very smooth (up to 2-plus minutes). Fold in chocolate chips.

Store in the refrigerator. Makes 10 servings (1 serving = ¼ cup/62 grams).

*Per serving: 104 calories | 4 grams protein | 14 grams carbs | 4 grams fat*

## CHOCOLATE CHIP TAHINI BARS

VEGETARIAN

¾ cup (180 grams) tahini  
 ¾ cup (252 grams) honey  
 4 cups (56 grams) puffed rice cereal  
 1½ cups (216 grams) sunflower seeds  
 1½ cups (216 grams) pepitas  
 ¼ cup (56 grams) chocolate chips (Substitute vegan chocolate chips to make the recipe vegan.)

Line a 9-inch (23-centimeter) pan with parchment paper and spray with nonstick cooking spray. Set aside.

In a small saucepan, heat tahini and honey over low heat, stirring occasionally, for about 3 minutes, or until well-combined.

In a large bowl, combine puffed rice, seeds and chocolate chips. Add tahini mixture and, working quickly, stir with a spatula until well-combined. Spoon mixture into prepared pan, pressing down with spatula or back of a spoon to even out mixture in pan. Refrigerate overnight or until set.

Cut into 20 bars. Store in an airtight container. Freeze half, if desired. Makes 20 servings.

*Per serving: 239 calories | 6 grams protein | 21 grams carbs | 16 grams fat*

**Note:** *This recipe requires extra refrigeration time.*

## FROZEN YOGURT BARK

VEGETARIAN

3 cups (680 grams) plain low-fat yogurt  
 ¼ cup (59 milliliters) maple syrup or honey  
 1 teaspoon vanilla extract (or extract flavor of choice like almond, lemon or orange)  
 1½ cups (217 grams) fresh berries of choice  
 ¼ cup (60 grams) mini chocolate chips

Line a large rimmed baking sheet with parchment paper and set aside.

Combine yogurt, sweetener and extract in a medium bowl. Spread yogurt mixture onto lined baking sheet. Scatter fresh berries on top and sprinkle with chocolate chips. Freeze until firm, at least 3 hours, then cut or break into pieces. Makes 12 servings.

*Per serving: 94 calories | 6 grams protein | 12 grams carbs | 3 grams fat*

## GLUTEN-FREE HIGH-PROTEIN PUMPKIN MUFFINS

VEGETARIAN

1½ cups (200 grams) gluten-free flour or whole-wheat pastry flour  
 1½ cups (160 grams) protein powder, preferably plain or vanilla flavored  
 2 teaspoons baking powder  
 ½ cup (97 grams) turbinado or Sucanat (sugar) or granulated sugar  
 ½ teaspoon sea salt  
 1½ cups (360 milliliters) milk  
 4 large eggs, beaten  
 ⅓ cup (71 grams) olive oil  
 1 (15-ounce/425-gram) can unsweetened pumpkin puree  
 4 tablespoons blackstrap molasses  
 4 tablespoons nutritional yeast  
 4 tablespoons ground flaxseeds mixed with 4 tablespoons water

Preheat oven to 350°F/180°C. Combine flour, protein powder, baking powder, sugar and salt in a large bowl. In a separate bowl, combine remaining ingredients and stir well.

Add pumpkin mixture to dry ingredients and mix well. If needed, add water, a tablespoon at a time, to moisten mixture.

Coat muffin tins with cooking spray. Fill muffin cups about ¾ of the way full and bake 20 to 25 minutes, or until a knife inserted in the center comes out clean.

Wrap any muffins not eaten within a week in plastic wrap and seal in an airtight container or a freezer bag, then freeze. Thaw in refrigerator at least 1 day ahead. Makes 12 servings.

*Per serving: 301 calories | 17 grams protein | 37 grams carbs | 10 grams fat*

## NUT BUTTER CEREAL BARS

VEGETARIAN

½ cup (128 grams) peanut butter or almond butter  
 ½ cup (118 milliliters) honey or maple syrup  
 3 cups (90 grams) cereal of choice (like cheerios or rice cereal)

Line an 8-inch-by-8-inch (20-centimeter-by-20-centimeter) baking pan with parchment paper and set aside.

Combine nut butter and sweetener in a microwave-safe bowl or large saucepan. Heat in microwave 2 to 3 minutes or over medium-high heat 2 to 3 minutes, stirring well.

Remove from microwave or heat and stir until mixture is smooth. Put cereal in a large bowl. Pour warm mixture over cereal and stir well with a spatula until evenly coated. Pour cereal mixture into prepared baking pan and press gently into an even layer. Chill in the refrigerator until set, about 1 hour. Cut into bars before serving. Makes 12 servings.

*Per serving: 129 calories | 4 grams protein | 17 grams carbs | 6 grams fat*

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 NUTTY NO-BAKE GRANOLA BARS

VEGAN

12 pitted dates  
 2½ tablespoons no-sugar-added peanut butter, or as needed  
 ¼ teaspoon pure vanilla extract  
 ⅛ teaspoon ground cinnamon  
 ⅛ teaspoon sea salt  
 ⅓ cup (48 grams) salted, roasted peanuts  
 ¼ cup (23 grams) old-fashioned oats  
 ¼ cup (8 grams) crisp or puffed rice cereal  
 1 tablespoon cacao nibs or chips or bittersweet chocolate chips

In a food processor, pulse together dates, peanut butter, vanilla, cinnamon and sea salt until well-blended.

Add peanuts, oats, cereal and cacao nibs and pulse until a chunky dough forms.

Firmly press together mixture by hand into 2 balls. Then, on a cutting board, extra-firmly form into 2 granola bars, about 2 inches by 4 inches (5 centimeters by 10 centimeters). (Alternatively, extra-firmly roll by hand into balls.) For best results, keep chilled. Makes 2 servings.

*Per serving: 472 calories | 15 grams protein | 55 grams carbs | 24 grams fat*

## NUTTY VEGAN BANANA BREAD

VEGAN

2 tablespoons chia seeds  
 ¼ cup (60 milliliters) water  
 1¾ cups (250 grams) plus 2 teaspoons whole-wheat pastry flour, or gluten-free flour  
 1 teaspoon baking soda  
 1 teaspoon baking powder  
 ¾ teaspoon sea salt  
 1 cup (225 grams) turbinado sugar  
 4 tablespoons (60 grams) vegan butter or virgin coconut oil, melted  
 4 large fully ripened bananas, mashed  
 1½ teaspoons pure vanilla extract  
 ½ cup (60 grams) walnuts, pan-toasted, chopped  
 ⅓ cup (48 grams) salted roasted pistachios, chopped

In a small bowl, stir together chia seeds and water. Set aside.

Meanwhile, preheat oven to 350°F/180°C. Lightly coat a 9-inch-by-5-inch (23-centimeter-by-13-centimeter) loaf pan with cooking spray, then dust with 2 teaspoons flour.

In a medium bowl, whisk together remaining 1¾ cups flour, baking soda, baking powder and salt. Set aside.

In a large mixing bowl, beat together sugar and melted vegan butter or virgin coconut oil with an electric mixer on low speed until combined. Add chia ("gel") mixture and beat until well-combined. Add flour mixture and blend on low speed until just combined and mixture is crumbly. Add mashed bananas and vanilla extract and beat until just combined. Stir in nuts until evenly combined.

Transfer batter to loaf pan. Bake until browned, crisped and springy to the touch, about 1 hour 30 minutes. Let cool completely in pan on a rack.

Cut into 12 slices. Serve at room temperature, chilled or even semi-frozen. Makes 12 servings.

*Per serving: 284 calories | 4 grams protein | 48 grams carbs | 10 grams fat*

## PEANUT BUTTER BANANA TOAST

VEGETARIAN

1 slice whole-wheat bread  
 2 tablespoons peanut butter  
 1 tablespoon honey  
 ½ large (8-inch) banana

Toast bread to your liking. Spread peanut butter on toast and drizzle honey over it. Cut banana lengthwise and lay across peanut butter. Heat in a microwave for 10 seconds, or return to a toaster until warmed. Makes 1 serving.

*411 calories | 13 grams protein | 53 grams carbs | 17 grams fat*

## PEANUT COCOA BITES

VEGAN

4 ounces (115 grams) dried pitted dates (The moister, the better.)  
 ½ cup (45 grams) rolled oats  
 ⅓ cup (45 grams) roasted salted peanuts  
 ¼ cup (64 grams) natural creamy peanut butter  
 1½ tablespoons unsweetened cocoa powder  
 1 tablespoon vanilla-flavored unsweetened plant-based milk, or to taste  
 pinch ground cinnamon  
 pinch sea salt

Add all ingredients to a food processor and blend on low speed until mixture is well-combined but still has some texture. If necessary, add more plant-based milk by the teaspoonful to achieve desired rollable consistency.

Extra-firmly roll mixture between your hands into 12 balls, about 2 tablespoons mixture each. Store in the fridge or freezer. Makes 4 servings.

*Per serving: 306 calories | 10 grams protein | 38 grams carbs | 15 grams fat*

## PUMPKIN BREAD

VEGETARIAN

1¾ cups (210 grams) all-purpose flour  
 1 teaspoon baking powder  
 2 teaspoons ground cinnamon  
 ¼ teaspoon ground nutmeg  
 ¼ teaspoon ground cloves  
 ¼ teaspoon ground ginger  
 ¾ teaspoon salt  
 2 large eggs, at room temperature  
 ½ cup (96 grams) granulated sugar  
 ¾ cup (165 grams) packed light or dark brown sugar  
 ½ cup (118 milliliters) vegetable or canola oil  
 1½ cups (366 grams) pumpkin puree  
 ¼ cup (59 milliliters) low-fat milk or plant-based milk  
 ⅔ cup (83 grams) chopped walnuts (can use chocolate chips instead)

Move an oven rack to the lower-third position. Preheat oven to 350°F/180°C. Grease a 9-inch-by-5-inch (23-centimeter-by-13-centimeter) loaf pan with nonstick spray and set aside.

In a large bowl, whisk flour, baking powder, cinnamon, nutmeg, cloves, ginger and salt together. In a medium bowl, whisk eggs, sugar and brown sugar. Stir in oil, pumpkin puree and milk. Pour wet ingredients into dry ingredients and stir using a rubber spatula. Do not over-mix. Gently fold in walnuts.

Pour batter into prepared loaf pan. Bake 30 minutes uncovered. Remove from oven and loosely cover with aluminum foil. Put it back in oven and continue to cook an additional 25 to 35 minutes, or until a toothpick inserted into the center comes out clean. Allow pumpkin bread to cool in pan on a wire rack before removing and slicing. Makes 12 servings (1 loaf).

*Per serving: 291 calories | 5 grams protein | 38 grams carbs | 14 grams fat*

## PUMPKIN HUMMUS

VEGETARIAN

RECIPE BY MARTHA ANTLEY, MPC2021 MEMBER AND AMBASSADOR ADMIN, U.S.

½ cup (122 grams) pumpkin puree  
 1 (15-ounce/425-gram) can chickpeas, drained and rinsed  
 1 lemon, juiced  
 2 garlic cloves  
 2 tablespoons (32 grams) tahini  
 3 tablespoons extra-virgin olive oil  
 1 teaspoon ground cumin  
 ½ teaspoon sea salt  
 ¼ teaspoon ground cinnamon  
 ⅛ teaspoon cayenne pepper

Combine all ingredients in a food processor or high-speed blender. Process 2 to 3 minutes, or until smooth, stopping occasionally to scrape down sides. Makes 8 servings (3 ounces/~62 grams each).

*Per serving: 167 calories | 5 grams protein | 17 grams carbs | 9 grams fat*

## SAVORY ROASTED EDAMAME SNACK

VEGAN

1 cup (145 grams) frozen shelled organic edamame,  
 thawed in refrigerator overnight and patted fully dry  
 2 teaspoons extra-virgin olive oil  
 ¼ teaspoon sea salt  
 ⅛ teaspoon chili powder  
 ⅛ teaspoon smoked paprika  
 ⅛ teaspoon freshly ground black pepper  
 ½ teaspoon nutritional yeast flakes

Preheat the oven to 375°F/190°C.

In a medium bowl, stir together edamame and olive oil. Sprinkle with salt, chili powder, paprika and pepper and stir just to evenly coat.

Transfer edamame onto a rimmed baking sheet. Roast until browned, about 28 minutes, shaking baking sheet or stirring halfway through the roasting process. They'll be chewy, not crispy, when done.

Sprinkle with nutritional yeast. Enjoy while warm. Makes 2 servings (½ cup/35 grams each).

*Per serving: 131 calories | 13g | 8 grams protein | 7 grams carbs | 8 grams fat*

**Note:** Want crispiness? Place back into the hot "off" oven and heat for about 60 minutes more. Enjoy while warm or at room temperature.

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 SKILLET GRANOLA

VEGAN

⅔ cup (54 grams) dry rolled oats  
 ¼ cup (27 grams) slivered almonds  
 2 tablespoons flaxseeds  
 1 tablespoon coconut oil  
 1 tablespoon maple syrup  
 ½ teaspoon ground cinnamon  
 ¼ teaspoon salt  
 ⅓ cup (119 grams) dried cranberries

Place a large skillet over medium heat. Add oats and almonds and toast until lightly browned, about 5 minutes, stirring frequently.

Stir in flaxseeds, oil, maple syrup, cinnamon and salt. Cook and stir 1 minute, or until liquid is absorbed and oats and almonds are golden brown.

Stir in cranberries. Spread granola on a piece of waxed paper to cool. Makes 4 servings (1 serving = 1.5 ounces/43 grams).

*Per serving: 192 calories | 4 grams protein | 23 grams carbs | 10 grams fat*

## SOFT PRETZELS

VEGETARIAN

2¼ teaspoons instant dry yeast (1 packet); if you use active yeast, you will need to bloom it first in warm water  
 1 teaspoon salt  
 1 tablespoon brown sugar  
 1 tablespoon unsalted butter, melted and slightly cool  
 3-4 cups (480 grams) all-purpose flour  
 ½ cup baking soda  
 9 cups water  
 coarse salt

In the bowl of a large stand mixer, add yeast, salt, brown sugar and melted butter. Turn on mixer using the bread paddle and slowly add 3 cups flour, 1 cup at a time. Mix slowly until dough is thick. You can use a large bowl and wooden spoon if you do not have a stand mixer. Add ¾ cup more flour until dough is no longer sticky. If dough is still sticky, add 1 tablespoon flour at a time until dough is bouncy but not overly sticky.

Turn dough out onto a floured surface. Knead dough 3 minutes and shape into a ball. Cover lightly with a wet towel and allow to rest 10 minutes.

Meanwhile, bring baking soda and 9 cups water to a boil in a large stockpot over high heat and preheat oven to 400°F/200°C. Line a baking sheet with parchment paper and spray lightly with nonstick cooking spray.

Cut dough into 12 equal portions. Roll each portion into a 20- to 22-inch rope. Twist ropes into the shape of a pretzel. Drop 1 to 2 pretzels in boiling water for 20 to 30 seconds at a time. Using a slotted spoon or spatula, scoop pretzels out of boiling water and allow excess water to drip off. Place pretzels onto prepared baking sheet. Sprinkle with coarse salt. Repeat with remaining pretzels.

Bake 12 to 15 minutes, or until golden brown. Remove from oven and serve warm. Makes 12 pretzels.

*Per serving (1 pretzel): 148 calories | 4 grams protein | 31 grams carbs | 1 gram fat*

## SPICY ROASTED CHICKPEAS

VEGAN

1 (15-ounce/425-gram) can chickpeas, rinsed, drained and dried well  
 1 tablespoon olive oil  
 ¼ teaspoon cumin  
 ⅛ teaspoon cayenne pepper  
 dash salt and pepper

Preheat oven to 375°F/190°C degrees. Line a baking sheet with parchment paper and set aside.

Add chickpeas to a mixing bowl along with oil and spices. Toss to combine. Add seasoned chickpeas to baking sheet. Bake 20 to 23 minutes, or until chickpeas are slightly crispy and golden brown.

Remove from oven and set aside to cool. Store in an airtight container. Makes 8 servings (1 serving = 2 ounces or ¼ cup/57 grams).

*Per serving: 69 calories | 2 grams protein | 9 grams carbs | 3 grams fat*

## STRAWBERRY TARTS

VEGETARIAN

1 tablespoon honey  
 2 ounces (57 grams) plain reduced-fat Greek yogurt  
 6 low-fat graham crackers  
 1 cup (144 grams) sliced fresh strawberries

Combine honey and Greek yogurt in a small bowl. Spread yogurt and honey mixture evenly on each graham cracker and top with sliced strawberries. Makes 1 serving.

*243 calories | 8 grams protein | 50 grams carbs | 3 grams fat*

**Note:** For extra nutty flavor, add up to ¼ teaspoon pure almond extract when you add the vanilla.

## VEGAN LEMON POPPY MUFFINS

VEGAN

½ cup (109 grams) coconut oil, melted and cooled  
 ½ cup (120 milliliters) maple syrup  
 ½ cup (122 grams) unsweetened applesauce  
 1 teaspoon vanilla extract  
 1 cup (120 grams) plus 2 tablespoons all-purpose flour,  
 divided  
 ¾ cup (90 grams) whole-wheat flour  
 ½ teaspoon kosher salt  
 2½ teaspoons baking powder  
 ½ cup (120 milliliters) almond milk  
 1 teaspoon lemon zest  
 juice of 1 lemon  
 2 tablespoons poppy seeds

*Glaze*

¼ cup (59 milliliters) lemon juice  
 ¼ cup (50 grams) sugar  
 coarse sugar for sprinkling (optional)

Preheat oven to 375°F/190°C. Prepare muffin tins with nonstick spray or liners.

In a large bowl or stand mixer, mix coconut oil and maple syrup until well-combined. Add applesauce and vanilla; mix until well-combined.

In a medium bowl, sift together 1 cup all-purpose flour, whole-wheat flour, salt and baking powder. Alternate adding ¼ of flour mixture to wet mixture alternating with ¼ of milk. Stir in lemon zest, lemon juice and poppy seeds. Spoon batter into muffin tins.

Bake 30 to 35 minutes, or until a toothpick comes out clean. Let cool 5 minutes in tins, then remove and cool completely on a wire rack.

For the glaze, in a small saucepan, simmer lemon juice and sugar over medium heat until it turns into a light syrup, about 3 to 5 minutes. Brush cooled muffins with lemon syrup and sprinkle with coarse sugar (if using). Makes 12 large muffins.

*Per serving (1 muffin): 209 calories | 3 grams protein | 29 grams carbs | 10 grams fat*

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 WAFFLE SWEET TARTS

VEGETARIAN

2 frozen high-protein, high-fiber buttermilk waffles (such  
 as Kodiak Cakes)  
 2 tablespoons ricotta cheese  
 2 teaspoons honey  
 1 tablespoon diced strawberries

Toast waffles lightly, about 1 to 2 minutes. Top each waffle with half the ricotta cheese and drizzle half the honey on top. Sprinkle with strawberries. Makes 1 serving.

*367 calories | 16 grams protein | 40 grams carbs | 18 grams fat*

## ZUCCHINI NUT BREAD

VEGETARIAN

3 cups (372 grams) shredded zucchini  
 3 cups (375 grams) all-purpose whole-wheat flour  
 ¼ teaspoon baking soda  
 2 teaspoons baking powder  
 1 teaspoon salt  
 2 teaspoons cinnamon  
 ¼ teaspoon nutmeg  
 ¾ cup (177 milliliters) canola oil or olive oil  
 2 large eggs  
 2 teaspoons vanilla extract  
 ½ cup (73 grams) brown sugar  
 ½ cup (100 grams) granulated sugar  
 1 cup (117 grams) chopped walnuts

Preheat oven to 350°F/180°C. Grease two 8-inch-by-4-inch (20-centimeter-by-10-centimeter) loaf pans with nonstick spray.

After shredding zucchini, line a bowl with a paper towel or a kitchen towel. Let zucchini set for a few minutes in towel, then squeeze out excess liquid.

Combine flour, baking soda, baking powder and spices in a large bowl. In a separate bowl, whisk oil, eggs, vanilla and sugars.

Add zucchini and nuts to flour mixture, then pour egg mixture over it. Gently stir to combine until flour is no longer visible. Divide batter between 2 loaf pans.

Bake 45 to 50 minutes, or until a toothpick inserted into the center comes out clean. Allow loaves to cool in pan 10 minutes, then turn them out onto a wire rack to cool completely.

Loaves will keep in an airtight container for several days. They can be wrapped in foil and frozen for up to 3 months. Thaw in the fridge overnight or in a warm oven for 20 minutes. Makes 12 servings.

*Per serving: 374 calories | 6 grams protein | 41 grams carbs | 22 grams fat*

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# SAUCES, DRESSINGS AND DIPS

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## BALSAMIC VINAIGRETTE DRESSING

VEGETARIAN

¼ cup (59 milliliters) balsamic vinegar  
¾ cup (177 milliliters) extra-virgin olive oil  
1 tablespoon Dijon mustard  
2 tablespoons honey  
½ teaspoon kosher salt or fine sea salt  
½ teaspoon ground black pepper  
1 teaspoon minced garlic

Combine all ingredients in a small bowl with a whisk. Store in the fridge. Makes 20 servings.

*Per serving: 82 calories | 0 grams protein | 2 grams carbs | 8 grams fat*

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## BBQ SAUCE

VEGETARIAN

1 tablespoon olive oil  
½ yellow onion, chopped  
2 cloves garlic, minced  
1 fresh mango, skin removed, pitted and chopped or 1 cup (165 grams) frozen mangoes  
1 (15-ounce/425-gram) can diced tomatoes  
1 (6-ounce/170-gram) can tomato paste  
1 tablespoon blackstrap molasses  
2 tablespoons apple cider vinegar  
1 tablespoon Worcestershire sauce

Reduce heat to medium, add garlic and mangoes, and stir to combine flavors until fragrant, about 3 minutes. Add diced tomatoes, tomato paste, molasses, vinegar and Worcestershire sauce.

Allow flavors to blend, about 15 minutes. Using either an immersion blender, food processor or standing blender, puree sauce ingredients. (If using standing blender, puree in batches, filling blender no more than half full each time.) Makes about 8 servings.

In a large skillet, heat olive oil on medium-high heat. Add onions and saute until softened, about 3 minutes.

*Per serving: 70 calories | 1 gram protein | 13 grams carbs | 2 grams fat*

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## BLACKBERRY CHIA JAM

VEGETARIAN

¼ cup (59 milliliters) no-sugar-added apple juice  
2-4 tablespoons honey or maple syrup  
2-3 (432 grams) cups fresh or frozen blackberries  
1 tablespoon chia seeds  
1 teaspoon vanilla bean paste

Uncover pan and break up fruit with a fork or potato masher. Continue to cook over medium-high heat, uncovered, stirring frequently, until foam subsides and mixture has thickened, about 10 minutes. Allow to cool before serving. Makes 8 servings.

Combine apple juice, honey or syrup, blackberries, chia seeds and vanilla bean paste in a medium saucepan over high heat and bring to a boil. Reduce heat to a simmer and cover pan. Cook until blackberries are softened, about 5 minutes.

*Per serving: 48 calories | 1 gram protein | 10 grams carbs | 1 gram fat*

### CHIPOTLE LIME MAYO

VEGETARIAN

3 tablespoons mayonnaise  
1-2 teaspoons chipotle paste  
1 teaspoon lime juice

Whisk ingredients together. Makes 2 servings.

*Per serving: 135 calories | 0 grams protein |  
0 grams carbs | 15 grams fat*

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### EASY MARINARA SAUCE

VEGAN

2 tablespoons olive oil  
1 small yellow onion, chopped  
3 teaspoons minced garlic  
28 ounces (793 grams) canned crushed tomatoes  
½ teaspoon dried oregano  
½ teaspoon salt  
¼ teaspoon black pepper  
1 tablespoon fresh basil, roughly chopped

Add olive oil to a medium saucepan set over medium-high heat. Add onions and saute, stirring frequently, until soft, about 1 to 2 minutes.

Add minced garlic and cook about 1 more minute, stirring occasionally.

Stir in crushed tomatoes, oregano, salt and pepper. Bring to a boil. Reduce heat and simmer, covered, for 15 minutes.

Stir in chopped basil. Remove from heat. Let cool and use or transfer to a container to be stored in the fridge. Makes 4 cups.

*Per 1 cup (237 milliliters): 111 calories | 2 grams protein |  
12 grams carbs | 7 grams fat*

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### GUACAMOLE

VEGAN

1 medium avocado (10 ounces/330 grams), peeled  
juice of 1 lime  
2 cloves garlic, peeled and minced  
1 cup (46 grams) cilantro leaves, chopped  
⅛ teaspoon sea salt  
⅛ teaspoon ground black pepper

Add all ingredients to a medium bowl and mash with a fork. Makes 6 servings (4 tablespoons each).

*Per serving: 124 calories | 2 grams protein |  
8 grams carbs | 10 grams fat*

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### HERB MARINADE

VEGAN

½ cup (122 milliliters) lemon juice (about 3 lemons)  
2 tablespoons olive oil  
2 tablespoons soy sauce  
2 tablespoons water  
¼ cup (5 grams) chopped fresh basil  
¼ cup (15 grams) chopped fresh parsley  
2 tablespoons fresh dill, chopped  
4 cloves garlic, minced  
¼ teaspoon freshly ground black pepper

Blend all ingredients in a blender. Makes about 9 servings (2 tablespoons each).

*Per serving: 35 calories | 0 grams protein |  
2 grams carbs | 3 grams fat*

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### HOMEMADE PESTO

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⅓ cup (45 grams) pine nuts  
 2 cups (84 grams) fresh basil leaves  
 3 cloves garlic  
 2 ounces (56 grams) fresh grated Parmigiano-Reggiano cheese  
 ½ cup (118 milliliters) extra-virgin olive oil  
 ¼ teaspoon salt  
 ⅛ teaspoon black pepper

Add pine nuts and basil to a bowl of a food processor or blender. Pulse a few times. Then add garlic and cheese. Pulse a few more times, scraping sides down with a spatula when needed. Slowly pour olive oil into mixture while food processor is running. Season with salt and pepper. Makes 16 servings.

*Per serving: 96 calories | 2 grams protein | 1 gram carbs | 10 grams fat*

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### PEANUT SAUCE

VEGAN

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1 tablespoon plus 1 teaspoon no-salt-added peanut butter  
 2 teaspoons tamari (soy sauce)  
 2 teaspoons coconut nectar, date syrup or agave nectar  
 1 teaspoon rice vinegar  
 1 teaspoon toasted sesame oil

In a small bowl or jar, whisk or shake together all ingredients. Store in a jar in the fridge for 3 to 4 weeks. Makes 1 serving (about 3 tablespoons).

*201 calories | 6 grams protein | 7 grams carbs | 16 grams fat*

**Note:** Multiply this recipe two or four times and serve over soba noodles.

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### POKE SAUCE

VEGAN

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¼ cup low-sodium soy sauce  
 ¼ teaspoon sesame oil  
 1 teaspoon rice wine vinegar  
 ½ teaspoon garlic, minced  
 ¼ teaspoon ground ginger or grated ginger  
 ½ teaspoon lime juice

Whisk all ingredients together in a bowl. Store in the fridge. Makes 2 servings.

*Per serving: 39 calories | 4 grams protein | 5 grams carbs | 1 gram fat*

### SALAD CREAM

VEGETARIAN

1 tablespoon all-purpose flour  
 4 tablespoons granulated sugar  
 2 teaspoons mustard powder  
 ⅓ teaspoon salt  
 2 large eggs  
 3.5 ounces (104 milliliters) white wine vinegar  
 5 ounces (148 milliliters) whipping cream  
 1 teaspoon lemon juice

Add flour, sugar, mustard powder and salt to a medium bowl. Whisk together.

Whisk in eggs, one at a time, until combined. Whisk in vinegar.

Heat a saucepan of water to a simmer. Place bowl of salad cream mixture over top of saucepan. Be sure pan is not touching water. Heat, stirring constantly, over simmering water, until mixture thickens, about 5 to 6 minutes.

Remove from heat and let cool to room temperature. Finally, whisk in cream and lemon juice. Add salt, if necessary. Transfer to an airtight jar and store in the fridge, tightly sealed, for 1 to 2 weeks. Makes 14 ounces (414 milliliters).

*Per ounce (30 milliliters): 57 calories | 1 gram protein | 5 grams carbs | 4 grams fat*

### SEVEN-LAYER BEAN DIP

VEGETARIAN

¼ red onion, chopped  
 1 (15-ounce/441-gram) can pinto beans  
 1 teaspoon chili powder  
 ¼ teaspoon ground cumin  
 jalapeño peppers or 1 green Anaheim pepper, chopped  
 1 (15-ounce/441-gram) can black beans  
 1 avocado, thinly sliced  
 1 cup (227 grams) reduced-fat Greek yogurt  
 1 red bell pepper, cut into 1-inch-long (2½-centimeter-long) thin slices  
 ½ cup (23 grams) cilantro, chopped  
 ½ cup (37 grams) black, green or Kalamata olives, chopped

Heat a little water in a large skillet over medium-high heat. Add onions and cook until softened, about 3 minutes.

Add pinto beans, chili powder and cumin and mix to combine. Mash mixture with a potato masher or the back of fork, then let cook for about 3 minutes.

Spoon bean mixture into an 8-inch-by-8-inch (20-centimeter-by-20-centimeter) baking pan. Layer remaining ingredients on top in order: peppers, black beans, avocado slices, yogurt, red pepper slices, cilantro and olives.

Cover dish with foil or plastic wrap and refrigerate at least 2 hours or overnight for best results. Makes 4 servings.

*Per serving: 299 calories | 19 grams protein | 41 grams carbs | 8 grams fat*

### SPICY YOGURT RANCH

VEGETARIAN

¼ cucumber  
 8 ounces (227 grams) reduced-fat Greek yogurt  
 2 teaspoons chopped green onions  
 1 teaspoon chopped cilantro  
 1 teaspoon chopped dill  
 1 teaspoon chopped parsley  
 2 teaspoons hot sauce (or more, to taste)  
 salt and pepper, to taste

Grate cucumber with a box grater and then add all ingredients to a medium bowl. Mix until well-combined. Makes 4 servings.

*Per serving: 41 calories | 5 grams protein | 3 grams carbs | 1 gram fat*

## SPINACH AND ARTICHOKE DIP

VEGETARIAN

¼ cup (56 grams) low-fat plain Greek yogurt  
 ¼ cup (56 grams) mayonnaise  
 ⅓ cup (26 grams) shredded Parmesan cheese  
 ½ cup (56 grams) shredded part-skim mozzarella cheese  
 1 teaspoon minced garlic  
 ¼ teaspoon black pepper  
 1 (14-ounce/396-gram) jar artichoke hearts in water,  
 drained, squeezed to drain excess liquid and chopped  
 6 ounces (170 grams) frozen spinach, thawed, squeezed to  
 drain excess liquid

Preheat oven to 350°F/180°C. Spray a small (1-quart)  
 baking dish with nonstick cooking spray and set aside.

In a large mixing bowl, combine yogurt, mayo, Parmesan  
 cheese, mozzarella cheese, garlic and pepper. Stir in  
 artichokes and spinach. Spread mixture into prepared  
 baking dish. Bake until heated through and the top is  
 brown and melted, about 20 minutes. Serve warm. Makes  
 8 servings.

*Per serving: 110 calories | 5 grams protein |  
 4 grams carbs | 8 grams fat*

## "TARTAR" SAUCE

VEGETARIAN

1 cup (227 grams) reduced-fat Greek yogurt  
 4 tablespoons relish  
 2 tablespoons capers, minced  
 pinch ground black pepper

Whisk all ingredients together in a small bowl.  
 Makes 2 servings.

*Per serving: 127 calories | 12 grams protein |  
 16 grams carbs | 2 grams fat*

## THOUSAND ISLAND DRESSING

VEGETARIAN

4 tablespoons reduced-fat Greek yogurt  
 1 tablespoon mayo  
 1 tablespoon milk, low-fat  
 1 tablespoon ketchup  
 1 teaspoon Worcestershire sauce  
 2 teaspoons sweet pickle relish or minced pickles  
 1 teaspoon diced red bell peppers (optional)

Combine all ingredients in a small mixing bowl and mix  
 with a fork. Makes 4 servings (2½ tablespoons per serving).

*Per serving: 50 calories | 2 grams protein |  
 4 grams carbs | 3 grams fat*

## TZATZIKI SAUCE

VEGETARIAN

1 seedless cucumber or 3 Persian cucumbers or 1  
 traditional cucumber, de-seeded  
 dash sea salt  
 2 cups (452 grams) reduced-fat Greek yogurt  
 2 cloves garlic, minced  
 2 tablespoons fresh mint, chiffonade (cut into fine  
 ribbons)  
 ¼ teaspoon ground black pepper

Peel and finely chop cucumber, then toss with sea salt  
 and allow to drain in a colander in the sink for about 15  
 minutes. Rinse and drain.

Whisk together yogurt, garlic, mint and pepper, then  
 add cucumbers and stir well. Makes 4 servings (155  
 grams each).

*Per serving: 89 calories | 12 grams protein |  
 5 grams carbs | 2 grams fat*

# INDEX

## A

AIR-FRYER CRISPY BROCCOLI QUINOA  
CAKES, 59  
APPLE, CHEDDAR AND TURKEY PANINI, 14  
APPLE, CRANBERRY, AND WALNUT SALAD, 19

## B

BAKED BUTTER COD WITH ASPARAGUS, 52  
BAKED CARROT CRISPS, 71  
BAKED HAM SHANK, 39  
BAKED MUSTARD MAPLE SALMON, 52  
BALSAMIC VINAIGRETTE DRESSING, 86  
BARBACOA PORK, 40  
BASIL-BUTTER PASTA, 26  
BBQ PULLED PORK PIZZA, 40  
BBQ SAUCE, 86  
BEEF AND BISCUIT BAKE WITH VEGGIES, 33  
BEEF STIR-FRY, 33  
BEET BERRY SMOOTHIE, 9  
BLACKBERRY CHIA JAM, 86  
BLACKENED GROUPER BOWL WITH RICE,  
ASPARAGUS, AND MANGO SALSA, 53  
BLACKENED GROUPER WITH MANGO  
SALSA, 53  
BLUEBERRY LEMONADE SMOOTHIE, 9  
BLUEBERRY-LEMON BREAKFAST COOKIES, 3  
BLUEBERRY PROTEIN PANCAKE, 3  
BOK CHOY BREAKFAST BOWL, 4  
BONE-IN PORK CHOPS, 41  
BREAKFAST BACON BURRITO, 4  
BREAKFAST BRUSCHETTA, 4  
BROCCOLI AND TOFU SALAD À LA  
JORDANA, 19  
BUFFALO CHICKEN RANCH WRAP, 14  
BUFFALO TOFU RANCH WRAP, 14  
BUTTER CHICKEN THIGHS, 44  
BUTTER TOFU, 59

## C

CAJUN CHICK'N PASTA WITH PEPPERS, 60  
CARROT CAKE SMOOTHIE BOWL, 9  
CHEESY HERB POPCORN, 77  
CHICKEN AND CHUTNEY SWEET POTATO  
CAKES, 44  
CHICKEN CLUBHOUSE SANDWICH, 15  
CHICKEN ENCHILADAS, 45  
CHICKEN FAJITAS, 45  
CHICKEN-HUMMUS SANDWICH, 15  
CHICKEN LO MEIN, 26  
CHICKEN, PECAN, AND PEAR SALAD, 20  
CHICKEN SALAD, 20  
CHICKEN TORTILLA SOUP, 21  
CHICKEN WALDORF SALAD SANDWICH, 15  
CHICKPEA CHOPPED SALAD, 21  
CHIPOTLE LIME MAYO, 87  
CHIVE MASHED POTATOES, 71  
CHOCOLATE, ALMOND AND COCONUT  
SMOOTHIE, 10  
CHOCOLATE-CHERRY PROTEIN SMOOTHIE, 10  
CHOCOLATE CHIP COOKIE DOUGH  
HUMMUS, 77  
CHOCOLATE CHIP TAHINI BARS, 78  
CHOCOLATE MINT RECOVERY SHAKE, 10  
CHOPPED SALAD, 22  
CHUNKY MONKEY SMOOTHIE, 10  
CITRUSY SLAW, 71  
COCONUT CURRY LENTIL SOUP, 22  
COLESLAW, 71

COTTAGE CHEESE BAKED OATMEAL, 5  
COUSCOUS SALAD, 23  
CREAMY CHICKEN AND WILD RICE SOUP, 23  
CRUNCHY PARMESAN FISH STICKS, 53  
CUBAN SANDWICH, 15

## D

DARK CHOCOLATE-MINT CASHEW  
SMOOTHIE, 11

## E

EASY LENTILS, 72  
EASY MARINARA SAUCE, 87  
EASY PEANUTTY STIR-FRY NOODLES WITH  
VEGETABLES, 27  
EASY RED LENTIL DHAL, 72  
EASY ROASTED BROCCOLI, 72  
EDAMAME SMASH TOAST, 16  
EGG-CELLENT OATMEAL, 5  
EVERYTHING BAGEL BAKED COD, 54  
EVERYTHING BAGEL BAKED COD BOWL, 54

## F

FALAFEL, 60  
FALAFEL WRAP, 16  
FISH TACOS, 54  
FISH TACOS WITH CORN, ZUCCHINI, AND  
RADISH SLAW, 55  
FRENCH TOAST, 5  
FROZEN YOGURT BARK, 78  
FRUITY KALE SMOOTHIE, 11

## G

GARLIC AND ROSEMARY ROASTED  
HARVEST VEGETABLES, 73  
GLUTEN-FREE HIGH-PROTEIN PUMPKIN  
MUFFINS, 78  
GNOCCHI ALLA "VODKA" WITH GREENS, 61  
GOLDEN TURMERIC SMOOTHIE, 11  
GRAIN-FREE COCONUT PROTEIN  
PANCAKES, 6  
GREEK CHICKEN KEBABS, 46  
GREEK ORZO SALAD, 27  
GREEN BEAN AND RED POTATO SALAD, 23  
GREEN SMOOTHIE BOWL, 12  
GRILLED BROWN SUGAR BOURBON  
SIRLOIN STEAK, 34  
GRILLED BROWN SUGAR BOURBON  
TEMPEH, 61  
GRILLED JERK CHICKEN BREAST, 46  
GRILLED POWER PEANUT BUTTER,  
BANANA, AND CACAO NIB SANDWICH, 16  
GRILLED SKILLET APRICOT CHICKEN  
THIGHS, 47  
GROUND BEEF BAKED PASTA, 28  
GUACAMOLE, 87

## H

HAM AND BEAN SOUP, 24  
HERB MARINADE, 87  
HIGH-PROTEIN PORRIDGE, 6  
HOMEMADE PESTO, 88  
HONEY-GLAZED SALMON FILLETS, 55  
HORSERADISH-ROASTED COD WITH RED  
POTATOES, 56

HORSERADISH-ROASTED TOFU WITH RED  
POTATOES, 62  
HUMMUS FLATBREAD TOAST, 17

## L

LEMON PESTO PASTA, 28  
LEMONY LENTIL SALAD WITH  
POMEGRANATE AND MINT, 62

## M

MACARONI SALAD, 28  
MAKE-AHEAD CHICKEN-AVOCADO  
BURRITOS, 17  
MAKE-AHEAD TOFU-AVOCADO BURRITOS, 17  
MEDITERRANEAN TURKEY BURGERS, 47  
MINI MEATLOAVES SHEET PAN DINNER, 34  
MINI VEGETARIAN MEATLOAVES SHEET PAN  
DINNER, 63

## N

NO-BAKE PEANUT BUTTER BREAKFAST  
BARS, 6  
NUT BUTTER CEREAL BARS, 79  
NUTTY NO-BAKE GRANOLA BARS, 79  
NUTTY VEGAN BANANA BREAD, 80

## O

ONE-POT PASTA, 29  
OPEN-FACED TURKEY AND CORNED BEEF  
REUBEN, 18  
OPEN-FACED VEGETARIAN TURKEY AND  
VEGETARIAN CORNED BEEF REUBEN, 18

## P

PAN-CHARRED CORN, BLACK BEAN  
AND QUINOA ENTREE SALAD WITH  
AVOCADO, 63  
PB AND FIG PROTEIN SMOOTHIE, 12  
PEANUT BUTTER BANANA TOAST, 80  
PEANUT COCOA BITES, 80  
PEANUT SAUCE, 88  
PEAR AND SAGE STUFFED PORK CHOPS, 41  
PENNE WITH TUNA, 29  
PEPPERED TUNA STEAKS, 56  
PESTO POULTRY TOSS, 48  
PESTO ZOODLE SALAD WITH CHICKEN, 24  
PESTO ZOODLE SALAD WITH TOFU, 24  
PICADILLO, 35  
PINEAPPLE-COCONUT SMOOTHIE, 12  
PLANT-BASED DELI SANDWICH WITH  
AVOCADO, 18  
PLANT-BASED SWEET POTATO CHOWDER, 25  
POKE SAUCE, 88  
POM-BERRY SMOOTHIE, 12  
POPPY-SEED BEEF BURGERS, 35  
PORK CHOP WITH MANGO SALSA, 42  
PORK RAGU, 42  
PULLED BBQ BRISKET TACOS, 35  
PULLED BEEF BRISKET, 36  
PULLED BRISKET FLATBREAD, 36  
PUMPKIN BREAD, 81  
PUMPKIN HUMMUS, 81  
PUMPKIN SPICE LATTE BREAKFAST  
SMOOTHIE, 13

---

## Q

QUINOA AND KALE BREAKFAST  
CASSEROLE, 7

---

## R

REALLY EASY VEGGIE BURGER, 64  
RICOTTA PARMESAN SPINACH PASTA, 30  
ROASTED CHICKEN AND PEPPERS SHEET  
PAN WITH SPICY PEANUT SAUCE, 48  
ROASTED POTATOES WITH LEMON AND  
PARMESAN, 73  
ROAST PORK TENDERLOIN, 43

---

## S

SALAD CREAM, 89  
SALMON IN WHISKY BUTTER SAUCE WITH  
GRILLED ASPARAGUS AND LIME JASMINE  
RICE, 57  
SALMON WITH CREAMY DILL SAUCE, 57  
SAM'S "GO-TO" OMELET, 7  
SAM'S LEMON SOLE, 58  
SAM'S SWEET POTATO WEDGES, 74  
SAUTEED GREEN BEANS WITH BACON, 74  
SAUTEED KALE, 74  
SAUTEED KALE PASTA, 30  
SAVORY CHICKEN AND SWEET POTATO  
HASH, 49  
SAVORY ROASTED EDAMAME SNACK, 82  
SAVORY SOUTHWESTERN OATMEAL, 64  
SEARED PORTOBELLO MUSHROOMS WITH  
BALSAMIC GLAZE, 65  
SEARED STEAK AND SWISS CHARD SALAD, 37  
SEVEN-LAYER BEAN DIP, 89  
SHEET PAN CHICKEN FAJITAS, 49  
SHEET PAN FLANK STEAK WITH  
BROCCOLINI, 37  
SHEPHERD'S PIE, 38  
SHIITAKE MUSHROOM BURGERS, 65  
SHRIMP AND SAUTEED KALE PASTA, 30  
SHRIMP BLT TACOS WITH LEMON-BASIL  
MAYO, 58  
SIMPLE PINTO BEAN SALAD, 65  
SIRLOIN STEAK WITH CHIMICHURRI  
SAUCE, 38  
SKILLET CILANTRO LIME SHRIMP WITH PAN-  
FRIED RICE, 58  
SKILLET-COOKED EGGPLANT DIP, 66  
SKILLET GRANOLA, 82  
SLOPPY JOES, 39  
SLOW-COOKER BBQ PORK LOIN, 43  
SMOKED SALMON AND RED ONION  
AVOCADO TOAST, 7  
SOFT PRETZELS, 83  
SPAGHETTI CARBONARA-ISH, 31  
SPANISH-STYLE ONE-POT CHICKEN AND  
QUINOA, 50  
SPICY BRAISED TOFU, 66  
SPICY ROASTED CHICKPEAS, 83  
SPICY YOGURT RANCH, 89  
SPINACH AND ARTICHOKE DIP, 90  
STRAWBERRY TARTS, 83  
SUMMER PASTA SALAD, 31  
SWEET AND SPICY PORK MEATBALLS, 43  
SWEET POTATO AND KALE COUSCOUS, 67  
SWEET POTATO TURKEY MUFFINS, 50

---

## T

"TARTAR" SAUCE, 90  
TEMPEH AND CHUTNEY SWEET POTATO  
CAKES, 67  
TEMPEH AND QUINOA BOK CHOY BOWL, 68

TEXAS BBQ SEITAN RICE BOWL WITH  
PURPLE SLAW, 68  
THAI CRAB PASTA, 32  
THAI TOFU PASTA, 69  
THE BEST BAKED POTATOES, 74  
THOUSAND ISLAND DRESSING, 90  
TOFU LO MEIN, 69  
TOFU PAD THAI, 70  
TRI-TIP ROAST, 39  
TURKEY DIVAN, 51  
TUSCAN CHICKEN AND WHITE BEAN  
SKILLET, 51  
TWO-INGREDIENT BAGELS, 8  
TWO-INGREDIENT FLAKY BISCUITS WITH  
BLACKBERRY CHIA JAM, 8  
TZATZIKI SAUCE, 90

---

## V

VANILLA COCONUT YOGURT SMOOTHIE, 13  
VEGAN BREAKFAST ENGLISH MUFFIN  
SANDWICH, 8  
VEGAN LEMON POPPY MUFFINS, 84  
VEGAN STREET MARKET TEMPEH TACOS, 70  
VEGETABLE FRIED RICE, 75  
VEGETABLE UNFRIED QUINOA, 75

---

## W

WAFFLE SWEET TARTS, 84  
WARM BEET SALAD, 25  
WARM KALE SALAD WITH BRUSSELS  
SPROUTS AND PINE NUTS, 75  
WILD RICE AND BARLEY PILAF, 76

---

## Z

ZUCCHINI NUT BREAD, 85