





Tofu, Leek & Watercress Soup

6 servings

30 minutes

Ingredients

8 cups Vegetable Broth (or any type of broth)
2 cups Water
450 grams Tofu (cubed)
1 Leeks (trimmed and sliced)
4 cups Watercress (roughly chopped)
1 tbsp Tamari
Sea Salt & Black Pepper (to taste)

Directions

- 1 Add broth to a large pot and start bringing to a boil over high heat. Add remaining ingredients.
- 2 Once boiling, lower the heat to a simmer and cook for 15-20 minutes.
- 3 Divide into bowls and enjoy!

Notes

Leftovers: Store in an airtight container up to 3 days or freeze.

More Veggies: Add grated ginger, bamboo shoots, shredded dulse and/or mushrooms.

No Watercress: Use spinach, kale or cabbage.

Serve it as a Side: Pair with our Ginger Steamed Cod Fillets, Thai Basil Turkey or Herbed Pork Roast recipes.



Basil Radish Dip with Cucumber Slices

4 servings

10 minutes

Ingredients

- 1 cup Plain Greek Yogurt
- 1/4 cup Feta Cheese
- 1 cup Basil Leaves (chopped)
- 1 cup Radishes (chopped)
- 1/4 Lemon (juiced)
- 1 Cucumber (sliced into rounds or sticks)

Directions

- 1 Combine all ingredients except cucumber in a food processor. Blend until you reach a dip-like consistency.
- 2 Scoop into a bowl and dip with cucumber slices. Enjoy!

Notes

No Cucumber: Dip with tortilla chips, sliced radishes, celery sticks or baby carrots instead.

Dairy-Free: Omit Greek yogurt and feta, use mashed chickpeas and salt to taste instead.



Radish & Cucumber Salad

2 servings

15 minutes

Ingredients

- 3 tbsps Hemp Seeds
- 2 tbsps Hemp Oil
- 2 tbsps Apple Cider Vinegar
- 3 tbsps Fresh Dill (divided)
- 1 1/2 Cucumber (sliced)
- 1 cup Radishes (sliced)

Directions

- 1 To make the dressing, add the hemp seeds, hemp oil, apple cider vinegar and half of the fresh dill into a food processor or blender and blend until smooth.
- 2 Add the sliced cucumber and radishes into a bowl and toss together with the dressing.
- 3 Top with the remaining dill and enjoy!

Notes

Leftovers: Best enjoyed the same day. For longer-lasting leftovers, refrigerate the vegetables separate from the dressing in airtight containers for up to two days.

More Fiber: Serve over a bed of spinach, arugula, or kale.

More Flavor: Add salt and pepper to the dressing.

More Protein: Top with chicken breast or chickpeas.



Maple Mustard Brussels Sprouts

2 servings

30 minutes

Ingredients

2 cups Brussels Sprouts (trimmed and halved)
1/2 tsp Extra Virgin Olive Oil
Sea Salt & Black Pepper (to taste)
1 tbsp Dijon Mustard
1 tbsp Maple Syrup
1/4 cup Feta Cheese (crumbled)
2 tbsps Pumpkin Seeds
1/4 cup Microgreens (optional)

Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper. Toss the Brussels sprouts with olive oil, sea salt and pepper. Spread across the baking sheet and bake for 22 to 24 minutes.
- 2 While the Brussels sprouts roast, mix the dijon mustard with the maple syrup in a small bowl and set aside.
- 3 Remove the Brussels sprouts from the oven and toss with the dijon maple dressing. Transfer to a serving dish and top with feta, pumpkin seeds and microgreens (optional). Enjoy!

Notes

No Extra Virgin Olive Oil: Use avocado oil instead.

Leftovers: Store in the fridge in a sealed container for 2 to 3 days.

Dairy-Free: Omit the feta or use a plant-based cheese instead.

No Pumpkin Seeds: Omit, or use another type of nut or seed such as walnuts, almonds, or sesame seeds.

No Dijon Mustard: Use a grainy mustard instead.



Chicken Salad Cabbage Wraps

4 servings

20 minutes

Ingredients

1/2 tsp Avocado Oil
 283 grams Chicken Breast (boneless, skinless, cut into cubes)
 1/2 tsp Oregano
 1/2 tsp Thyme
 2 stalks Celery (chopped)
 1/2 Apple (diced)
 1/4 cup Pumpkin Seeds
 1/3 cup Plain Greek Yogurt
 2 tbsps Mayonnaise
 1 tsp Lemon Juice
 Sea Salt & Black Pepper (to taste)
 2 cups Purple Cabbage (pulled apart into leaves)

Directions

- 1 Heat a skillet over medium heat and add the avocado oil. Once heated, add the chicken, oregano and thyme. Cook for 6 to 7 minutes or until cooked through. Add to a bowl and set aside.
- 2 Add the celery, apple and pumpkin seeds to the bowl with the chicken and toss to combine.
- 3 In a small bowl, mix the yogurt, mayonnaise and lemon juice together. Add the yogurt mixture to the chicken and toss to coat. Season with sea salt and pepper. Wrap the chicken mixture in cabbage leaves. Enjoy!

Notes

Dairy-Free: Use a dairy-free yogurt, like coconut yogurt.

No Purple Cabbage: Use romaine leaves, butter lettuce leaves, kale leaves or a tortilla instead.

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving is equal to two wraps.



Unstuffed Cabbage Rolls

4 servings

45 minutes

Ingredients

- 1/2 cup Brown Rice (uncooked)
- 3/4 cup Water
- 1 tbsp Coconut Oil
- 454 grams Extra Lean Ground Beef
- 1 Yellow Onion (small, finely diced)
- 8 cups Green Cabbage (finely sliced)
- 3 cups Diced Tomatoes
- 1/2 tsp Sea Salt
- 1/2 tsp Black Pepper

Directions

- 1 Combine the rice and water in a sauce pot and lightly salt the water. Bring to a boil over medium-high heat then reduce to a simmer. Cover the pot and let cook for 40 minutes or until rice is tender.
- 2 While the rice cooks, heat the coconut oil in a large stock pot over medium-high heat. Add the ground beef and onions and saute for about 5 to 7 minutes, or until beef is cooked through and browned. Drain off the fat.
- 3 Add the cabbage, diced tomatoes, sea salt and black pepper. Bring to a boil, then reduce to a simmer. Let simmer uncovered for 15 to 20 minutes, or until cabbage is tender.
- 4 Stir in the cooked rice until everything is well mixed. Let sit over low heat for another 5 minutes.
- 5 Divide into bowls and enjoy!

Notes

No Beef: Any type of ground meat will work.

Vegetarian & Vegan: Use lentils instead of ground meat.

Leftovers: Store in an airtight container in the fridge up to 3 days.



Spiced Lentils & Broccolini with Lemon

3 servings

30 minutes

Ingredients

- 1 bunch Broccolini (trimmed)
- 1/2 Lemon (sliced thin)
- 1 tbsp Avocado Oil
- 1/2 tsp Sea Salt (divided)
- 3 tbsps Extra Virgin Olive Oil
- 1 Garlic (clove, thinly sliced)
- 3/4 tsp Coriander
- 3/4 tsp Fennel Seed (ground)
- 1 cup Green Lentils (cooked, drained and rinsed)
- 1/4 cup Mint Leaves (chopped)

Directions

- 1 Preheat the oven to 425°F (218°C) and line a baking sheet with parchment paper. Add the broccolini and lemon and toss with the avocado oil and half the sea salt. Roast for 8 to 10 minutes, until the broccolini is slightly browned in spots. Remove and set aside.
- 2 In a skillet over medium-low heat, add the extra virgin olive oil, garlic, coriander and fennel. Sauté until the garlic is lightly browned, stirring frequently to prevent burning, about 3 to 4 minutes.
- 3 Drizzle half of the oil mixture into the cooked lentils and stir. Divide onto plates and top with the broccolini and lemon and then drizzle the remaining oil on top. Finish with mint leaves, serve and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Additional Toppings: Top with chili flakes and fresh herbs.

More Flavor: Use whole coriander and fennel seeds and grind to release the spices.

Warmed Lentils: If needed, you can add the cooked lentils to the garlic, spice mixture and heat through for 2 to 3 minutes until warmed.



Savory Cauliflower & Dill Soup

4 servings

45 minutes

Ingredients

- 2 tbsps Extra Virgin Olive Oil
- 1 White Onion (diced)
- 2 stalks Celery (chopped)
- 6 cups Vegetable Broth
- 1 head Cauliflower (chopped into florets)
- 2 Sweet Potato (small, chopped)
- 1 tsp Sea Salt
- 1 tbsp Turmeric
- 1/4 cup Fresh Dill (chopped, divided)
- 4 slices Bacon (chopped)

Directions

- 1 Add the oil to a large pot and place over medium heat. Sauté the onions and celery for about 5 minutes or until soft.
- 2 Add the vegetable broth, cauliflower and potatoes. Bring the broth to a boil and reduce to a simmer for about 10 minutes or until the potatoes are soft.
- 3 Take half of the vegetables and broth and add to a blender. Blend until smooth and creamy, allowing space for the heat to escape. Add the mixture back to the pot. Stir in the sea salt, turmeric and half of the dill. Let the soup simmer for another 10 minutes.
- 4 While the soup finishes cooking, add the chopped bacon to a pan and cook for 5 minutes or until cooked through. Remove the fat from the pan and transfer the bacon pieces into the soup.
- 5 Divide the soup between bowls and top with additional dill. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately 2 cups of soup.

More Flavor: Add pepper or cumin.

Make it Vegan: Omit the bacon or replace with mushrooms or lentils.

No Blender: Use an immersion hand blender or food processor instead.



Roasted Za'atar Cauliflower

4 servings

30 minutes

Ingredients

- 1 head Cauliflower (chopped into florets)
- 2 tbsps Avocado Oil
- 2 tsps Za'atar Spice

Directions

1

Preheat the oven to 425°F (218°C) and line a baking sheet with parchment paper. If you cannot fit the cauliflower evenly onto one baking sheet, line additional sheets as needed.

2

Add the cauliflower florets to the baking sheets and ensure they are evenly spaced for roasting. Toss the cauliflower with the avocado oil and the za'atar. Place in the oven and cook for 25 to 30 minutes, flipping and rotating the pans halfway through. Serve and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

More Flavor: Season with sea salt as needed.

Additional Toppings: Drizzle tahini overtop.