



THE GENOMIC  
KITCHEN

**Influencer Ingredients:  
Targeting B12 Plant Based**

---

<https://www.genomickitchen.com>



## Slow Cooker Dill Vegetable Soup

8 servings

4 hours

### Ingredients

- 6 cups Vegetable Broth
- 1 1/2 cups Dry Chickpeas (uncooked, rinsed)
- 2 Carrot (medium, peeled and diced)
- 4 stalks Celery (diced)
- 1 tsp Sea Salt
- 4 cups Kale Leaves (chopped)
- 1/4 cup Fresh Dill (stems removed, chopped)
- 2 cups Canned Coconut Milk
- 2 tbsps Apple Cider Vinegar
- 2 tbsps Nutritional Yeast

### Directions

- 1 Pour the vegetable broth into the slow cooker and set to high while you prepare the remaining ingredients.
- 2 Add the chickpeas, carrot, celery and salt. Continue to cook on high for 4 hours, or set to low for 8 hours.
- 3 Stir in the kale, dill, coconut milk, apple cider vinegar and nutritional yeast. Adjust the salt as needed and cook for another 10 minutes.
- 4 Divide into bowls and enjoy!

### Nutrition

Amount per serving	
Calories	278
Fat	13g
Saturated	10g
Polyunsaturated	1g
Monounsaturated	1g
Carbs	30g
Fiber	6g
Protein	11g
Vitamin A	3584IU
Vitamin C	14mg
Calcium	71mg
Vitamin D	0IU
Vitamin K	53µg
Riboflavin	2.0mg
Vitamin B6	2.2mg
Folate	226µg
Vitamin B12	8.4µg

---

Magnesium	39mg
Zinc	1mg





## Mexican Scramble

4 servings

25 minutes

### Ingredients

- 1 1/2 tps Extra Virgin Olive Oil
- 1/2 Yellow Onion (diced)
- 1/2 Green Bell Pepper (de-seeded and diced)
- 3 Garlic (cloves, minced)
- 1 Tomato (diced)
- 2 cups Black Beans (cooked, drained and rinsed)
- 1 tsp Cumin
- 1 tsp Paprika
- 1 tsp Turmeric
- Sea Salt & Black Pepper (to taste)
- 6 Egg
- 2 tbsps Unsweetened Almond Milk
- 2 tbsps Nutritional Yeast
- 2 cups Kale Leaves (finely sliced)
- 1 Avocado (peeled and diced)
- 1/4 cup Salsa
- 1/4 cup Cilantro (chopped)

### Directions

- 1 Heat olive oil in a large skillet over medium heat. Add onion, green pepper, garlic and tomatoes. Saute 5 minutes or until onion is translucent.
- 2 Add in black beans, cumin, paprika and turmeric. Season with sea salt and pepper to taste. Saute for another 2 to 3 minutes.
- 3 Mix together eggs, almond milk and nutritional yeast in a mixing bowl. Whisk well. Pour into skillet and continuously stir to scramble eggs while they cook.
- 4 Once eggs are cooked through, stir in the shredded kale. Continue to stir just until kale is wilted and then remove from heat.
- 5 Spoon into bowls and top with avocado, salsa and garnish with cilantro. Enjoy!

### Nutrition

Amount per serving	
Calories	365
Fat	17g
Saturated	4g
Polyunsaturated	3g
Monounsaturated	9g
Carbs	33g
Fiber	14g
Protein	22g

---

Vitamin A	1907IU
Vitamin C	33mg
Calcium	140mg
Vitamin D	65IU
Vitamin K	61µg
Riboflavin	4.2mg
Vitamin B6	4.3mg
Folate	222µg
Vitamin B12	17.6µg
Magnesium	99mg
Zinc	3mg



## Spinach & Pea Risotto

4 servings

35 minutes

### Ingredients

- 4 cups Vegetable Broth
- 2 tbsps Extra Virgin Olive Oil
- 1/2 Yellow Onion (finely chopped)
- 2 Garlic (cloves, minced)
- 1/2 tsp Sea Salt (divided)
- 1 cup Arborio Rice
- 3 tbsps Lemon Juice
- 3 cups Baby Spinach (chopped)
- 1 cup Frozen Peas
- 3 tbsps Nutritional Yeast

### Nutrition

Amount per serving	
Calories	323
Fat	7g
Saturated	1g
Polyunsaturated	1g
Monounsaturated	5g
Carbs	54g
Fiber	4g
Protein	10g
Vitamin A	3477IU
Vitamin C	16mg
Calcium	51mg
Vitamin D	0IU
Vitamin K	124µg
Riboflavin	5.7mg
Vitamin B6	5.9mg
Folate	70µg
Vitamin B12	25.3µg
Magnesium	30mg
Zinc	0mg

### Directions

- 1 Heat the vegetable broth in a medium pot over medium-high heat. Once it starts to simmer, reduce heat to low to keep warm.
- 2 Meanwhile, heat the olive oil over medium heat in a large pot. Saute the onions for 5 minutes or until translucent but not browned. Add the garlic and half of the salt. Cook for another minute. Add the rice and lemon juice and gently stir until the lemon juice is absorbed.
- 3 Add 1/2 cup of the warmed broth to the rice in the pot stirring constantly until the broth has been absorbed. The rice and broth should be at a gentle simmer throughout the cooking process, not a boil.
- 4 Continue to add the broth 1/2 cup at a time until all but a 1/2 cup of broth is remaining and rice is cooked through. Aim for al dente rice, not mushy. This will take about 20 to 25 minutes.
- 5 Next, add the last 1/2 cup of broth along with the spinach, peas and remaining salt. Continue to stir until the last of the broth has been absorbed, the spinach is wilted and the peas are tender. Remove from the heat and stir in the nutritional yeast. Season with additional salt or lemon juice as needed.
- 6 Divide between plates and enjoy.





## Spinach Potato Patties

4 servings  
40 minutes

### Ingredients

- 2 cups Water
- 2 Russet Potato (peeled, chopped)
- 1/4 cup Unsweetened Almond Milk
- 1/4 cup Avocado Oil (divided)
- 1/2 cup Baby Spinach (chopped)
- 2 tbsps Nutritional Yeast (plus additional for garnish)
- 1/4 tsp Sea Salt
- 1/4 tsp Black Pepper
- 1 tbsp Parsley (chopped)

### Nutrition

Amount per serving	
Calories	226
Fat	14g
Saturated	2g
Polyunsaturated	2g
Monounsaturated	10g
Carbs	20g
Fiber	3g
Protein	5g
Vitamin A	473IU
Vitamin C	9mg
Calcium	64mg
Vitamin D	6IU
Vitamin K	36µg
Riboflavin	3.8mg
Vitamin B6	4.1mg
Folate	31µg
Vitamin B12	16.9µg
Magnesium	33mg
Zinc	0mg

### Directions

- 1 Bring the water to a boil in a small saucepan. Add the potatoes and cook for 10 to 12 minutes or until soft. Once the potatoes are cooked, drain the water and add in the almond milk, half of the avocado oil, spinach, nutritional yeast, sea salt and pepper. Mash together with a potato masher until smooth.
- 2 In a skillet over medium heat, add the rest of the avocado oil. Scoop in 1/2 cup of mashed potatoes and press down with a spatula until it forms a pancake shape. Cook on each side for 8 to 10 minutes or until golden brown.
- 3 Remove from the skillet. Top with parsley and nutritional yeast. Enjoy!



## Burrito Bowl with Quinoa Tofu Taco Filling

4 servings  
35 minutes

### Ingredients

1/2 cup Quinoa (uncooked)  
227 grams Tofu (extra firm, crumbled)  
2 tbsps Extra Virgin Olive Oil  
2 1/2 tsps Chili Powder  
1 1/2 tsps Cumin  
1 tsp Oregano  
1 tsp Garlic Powder  
1/2 tsp Sea Salt  
1 cup Salsa (divided)  
1 tbsp Lime Juice  
1 tsp Nutritional Yeast  
2 Red Bell Pepper (sliced)  
1/2 head Romaine Hearts (chopped)  
1 cup Black Beans (cooked)  
2 Avocado (diced)

### Nutrition

Amount per serving	
Calories	452
Fat	27g
Saturated	4g
Polyunsaturated	5g
Monounsaturated	16g
Carbs	44g
Fiber	16g
Protein	17g
Vitamin A	3130IU
Vitamin C	89mg
Calcium	237mg
Vitamin D	0IU

### Directions

- 1 Cook quinoa according to package directions.
- 2 Meanwhile, in a dry non-stick skillet over medium heat add the crumbled tofu. Cook, stirring often, until just golden brown, about 8 to 10 minutes. Transfer the tofu to a dish and set aside.
- 3 Add the oil to the pan followed by the cooked quinoa, chili powder, cumin, oregano, garlic powder and salt. Stir to combine then add half of the salsa, lime, nutritional yeast and browned tofu.
- 4 Spread the quinoa and tofu mixture into a flat even lay in the pan and let caramelize for 3 to 4 minutes before stirring and flattening again until quinoa is slightly crispy. Season with additional salt or lime juice if needed. Transfer the quinoa mixture to a dish and set aside.
- 5 To the same pan add the red pepper and adjust heat to medium-high. Let the peppers cook for 8 to 10 minutes until tender and slightly charred.
- 6 To assemble the burrito bowl, divide the quinoa mixture, red peppers, romaine, black beans, and avocado between bowls. Top with remaining salsa and enjoy!



---

Vitamin K	41µg
Riboflavin	1.0mg
Vitamin B6	1.4mg
Folate	226µg
Vitamin B12	2.8µg
Magnesium	145mg
Zinc	3mg



## Zucchini Noodles with Creamy Avocado Sauce

4 servings

10 minutes

### Ingredients

- 1 cup Basil Leaves (plus additional for garnish)
- 1 Avocado
- 1/4 cup Extra Virgin Olive Oil
- 2 tbsps Lemon Juice
- 1/4 cup Pumpkin Seeds (plus additional for garnish)
- 1 tbsp Nutritional Yeast
- 1/4 tsp Sea Salt
- 3 tbsps Water
- 4 Zucchini (large)
- 1 cup Cherry Tomatoes (halved)

### Nutrition

Amount per serving	
Calories	290
Fat	25g
Saturated	4g
Polyunsaturated	4g
Monounsaturated	16g
Carbs	15g
Fiber	7g
Protein	7g
Vitamin A	1335IU
Vitamin C	50mg
Calcium	68mg
Vitamin D	0IU
Vitamin K	74µg
Riboflavin	2.1mg
Vitamin B6	2.4mg
Folate	102µg
Vitamin B12	8.4µg

### Directions

- 1 In a blender or food processor, add the basil, avocado, extra virgin olive oil, lemon juice, pumpkin seeds, nutritional yeast and sea salt. Blend while slowly adding the water to thin.
- 2 Spiralize the zucchinis and add to a bowl. Toss with the avocado sauce and add the tomatoes, extra pumpkin seeds and basil. Divide between bowls and enjoy!

---

Magnesium	61mg
Zinc	1mg





## Mushroom & Barley Risotto

4 servings  
40 minutes

### Ingredients

- 4 cups Vegetable Broth
- 2 tbsps Extra Virgin Olive Oil
- 3 1/2 cups Mushrooms (sliced)
- 3 Garlic (clove, minced)
- 1/4 tsp Dried Thyme
- 1 tsp Sea Salt (divided)
- 1 cup Pearl Barley
- 2 tbsps Lemon Juice
- 1/4 cup Parsley (chopped, optional)
- 2 tps Nutritional Yeast (optional)

### Nutrition

Amount per serving	
Calories	277
Fat	8g
Saturated	1g
Polyunsaturated	1g
Monounsaturated	5g
Carbs	46g
Fiber	9g
Protein	9g
Vitamin A	860IU
Vitamin C	11mg
Calcium	36mg
Vitamin D	6IU
Vitamin K	70µg
Riboflavin	1.7mg
Vitamin B6	1.5mg
Folate	33µg
Vitamin B12	5.7µg
Magnesium	52mg
Zinc	2mg

### Directions

- 1 Heat the vegetable broth in a medium pot over medium-high heat. Once it's simmering, reduce heat to low to keep warm.
- 2 Meanwhile, in a large pot or skillet heat the olive oil over medium heat. Add the mushrooms and cook for about 5 minutes until the mushrooms have softened. Add the garlic, thyme and half of the salt and cook for 2 to 3 minutes more.
- 3 Add the barley and lemon juice to the pan and stir to combine. Let cook for another 2 to 3 minutes and add the remaining salt.
- 4 Using a ladle or measuring cup, add 1/4 cup of the warm vegetable broth to the pan. Let the barley and broth simmer, stirring once or twice until the broth has been absorbed. Adjust the heat if needed to maintain a gentle simmer throughout the cooking process, not a boil. Continue to add the broth a 1/4 cup at a time until the barley is cooked to al dente, not mushy, about 25 to 30 minutes.
- 5 Stir in the parsley and nutritional yeast, if using, and season with additional salt if needed.
- 6 Divide the risotto between plates and enjoy!



## Savory Mushroom Oats

2 servings

15 minutes

### Ingredients

- 1 tbsp Vegetable Broth
- 10 White Button Mushrooms (sliced)
- 1 Garlic (clove, minced)
- 1 tsp Thyme (fresh, minced)
- 1 tsp Nutritional Yeast
- 1 cup Oats (rolled)
- 2 cups Water
- 1 1/2 tps Coconut Aminos

### Nutrition

Amount per serving	
Calories	186
Fat	3g
Saturated	1g
Polyunsaturated	1g
Monounsaturated	1g
Carbs	32g
Fiber	5g
Protein	9g
Vitamin A	36IU
Vitamin C	3mg
Calcium	53mg
Vitamin D	6IU
Vitamin K	1µg
Riboflavin	1.7mg
Vitamin B6	1.4mg
Folate	28µg
Vitamin B12	5.7µg
Magnesium	70mg
Zinc	2mg

### Directions

- 1 In a skillet over medium-low heat, add the vegetable broth and the mushrooms. Cook for 5 minutes. Add the garlic, thyme and nutritional yeast and continue cooking for 4 to 5 minutes.
- 2 Meanwhile, add the oats and water to a pot. Bring to a gentle boil over medium heat and cook for 8 to 10 minutes. Stir frequently. Once cooked through, add the coconut aminos and stir.
- 3 Add the oats to a bowl and top with mushrooms. Enjoy!



## Cauliflower Alfredo Sauce

4 servings

25 minutes

### Ingredients

- 1/2 head Cauliflower (large, chopped into florets)
- 1/2 tsp Avocado Oil
- 1 Yellow Onion (small, chopped)
- 2 Garlic (cloves, minced)
- 1/4 cup Nutritional Yeast
- 1/2 cup Canned Coconut Milk (full fat)
- 2 tbsps Lemon Juice
- 3/4 tsp Sea Salt

### Nutrition

Amount per serving	
Calories	126
Fat	6g
Saturated	5g
Polyunsaturated	0g
Monounsaturated	0g
Carbs	11g
Fiber	4g
Protein	7g
Vitamin A	1IU
Vitamin C	39mg
Calcium	36mg
Vitamin D	0IU
Vitamin K	11µg
Riboflavin	7.5mg
Vitamin B6	7.8mg
Folate	43µg
Vitamin B12	33.8µg
Magnesium	12mg
Zinc	0mg

### Directions

- 1 Bring a large pot of water to a boil under a steamer basket. Place the cauliflower florets in the steamer basket and cook for 10 to 12 minutes, or until soft.
- 2 In a skillet over medium heat, add the avocado oil and the onion. Cook for 5 to 7 minutes, until cooked through, then lower the heat to low and add the garlic. Cook for 1 to 2 minutes more. Set aside.
- 3 In a blender, add the steamed cauliflower, onion, garlic, nutritional yeast, coconut milk, lemon juice and sea salt. Blend on high until smooth and creamy. Serve over top of your favourite pasta, veggie noodles or roasted veggies. Enjoy!





## Dairy-Free Parmesan

12 servings

5 minutes

### Ingredients

- 1/4 cup Cashews
- 1/4 cup Brazil Nuts
- 2 tbsps Hemp Seeds
- 1 tbsp Nutritional Yeast
- 1/2 tsp Garlic Powder
- 1 1/2 tps Extra Virgin Olive Oil
- 1/4 tsp Sea Salt

### Nutrition

Amount per serving	
Calories	52
Fat	5g
Saturated	1g
Polyunsaturated	2g
Monounsaturated	2g
Carbs	2g
Fiber	1g
Protein	2g
Vitamin A	0IU
Vitamin C	0mg
Calcium	7mg
Vitamin D	0IU
Vitamin K	1µg
Riboflavin	0.6mg
Vitamin B6	0.7mg
Folate	4µg
Vitamin B12	2.8µg
Magnesium	30mg
Zinc	0mg

### Directions

1

In a blender or food processor add the cashews, Brazil nuts, hemp seeds, nutritional yeast and garlic powder. Process until the mixture comes together and everything is finely blended. Add the extra virgin olive oil and sea salt and pulse a few more times to combine. Remove and place in a sealed container. Enjoy!



## Lemon Garlic Tahini Dressing

2 servings

5 minutes

### Ingredients

2 tbsps Tahini  
2 tbsps Water (warm)  
2 tbsps Lemon Juice  
1 Garlic (clove, small, minced)  
1 1/2 tps Nutritional Yeast  
1/8 tsp Sea Salt

### Directions

1

Whisk all ingredients together in a mixing bowl. Season with additional salt or lemon juice if needed. Transfer to an airtight jar or container and refrigerate until ready to use.

### Nutrition

Amount per serving	
Calories	103
Fat	8g
Saturated	1g
Polyunsaturated	4g
Monounsaturated	3g
Carbs	5g
Fiber	2g
Protein	4g
Vitamin A	11IU
Vitamin C	6mg
Calcium	70mg
Vitamin D	0IU
Vitamin K	0µg
Riboflavin	1.9mg
Vitamin B6	2.0mg
Folate	18µg
Vitamin B12	8.4µg
Magnesium	16mg
Zinc	1mg