





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
Riboflavin	1.7mg
Niacin	12mg
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!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Reheat in the microwave or on the stove with additional stock or water.

Serving Size: One serving is roughly 1 cup of risotto.

More Flavor: Use a variety of mushrooms, like cremini, baby portabella or oyster.

Additional Toppings: Top with additional fresh herbs, nutritional yeast or parmesan cheese.



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
Riboflavin	5.7mg
Niacin	31mg
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.

Notes

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

Serving Size: One serving is equal to approximately 1.25 cups of risotto.

More Flavor: Top with additional nutritional yeast, vegan parmesan cheese, freshly chopped parsley, basil, lemon zest or freshly ground black pepper.

Consistency: If risotto has become too thick after stirring in the spinach and peas, thin

with two tablespoons of warm water at a time until desired consistency is reached.

Rice: This recipe was developed and tested using Arborio Rice. We have not tested this recipe using any other type of rice.



Meal Prep Black Bean & Sweet Potato Burritos

10 servings

45 minutes

Ingredients

- 6 Sweet Potato (large, peeled and sliced)
- 2 tbsps Extra Virgin Olive Oil
- 2 Yellow Onion (medium, diced)
- 4 Garlic (cloves, minced)
- 4 cups Black Beans (cooked, from the can)
- 1 cup Frozen Corn
- 1 Green Bell Pepper (diced)
- 1 cup Water
- 1/4 cup Dijon Mustard
- 2 tsps Cumin
- 3 tbsps Tamari
- 1/4 tsp Sea Salt (or more to taste)
- 10 Brown Rice Tortilla (11 inches)

Nutrition

Amount per serving	
Calories	369
Fat	6g
Saturated	1g
Polyunsaturated	1g
Monounsaturated	2g
Carbs	66g
Fiber	13g
Protein	12g
Vitamin A	11152IU
Vitamin C	12mg
Calcium	61mg
Vitamin D	0IU
Riboflavin	0.1mg

Directions

- 1 Bring a pot of water to a boil. Place sweet potatoes in a steamer over boiling water and cover. Let steam for 7 minutes, or until tender. Mash with a potato masher.
- 2 Meanwhile, heat oil in a medium skillet and saute the onion and garlic until soft. Set aside.
- 3 In a bowl, add black beans and mash with a potato masher. Mix in the sauteed onion and garlic, corn, bell pepper, water, mustard, cumin and tamari until thoroughly combined. Season with salt as needed.
- 4 Divide the mashed sweet potato and black bean mixture evenly between the tortillas and fold into burritos.
- 5 If eating immediately, heat the burritos in the oven at 350°F (177°C) for 10 to 12 minutes or until warmed through. Wrap the remaining burritos in foil and freeze in a freezer-safe bag. See notes section for instructions on how to reheat.

Notes

Reheating in the Oven: Heat in the oven at 350°F (177°C) for 30 minutes from frozen (or less if already defrosted), then unwrap and return to the oven for another 10-15 minutes for a crispy wrap (optional).

Reheating in the Microwave: Remove foil from defrosted burritos and microwave for 1 to 2 minutes (times will vary depending on the power of your microwave).

Make it Spicy: Add more chilli powder, cayenne pepper, hot sauce and/or sliced jalapeno.

Serve it With: Greek yogurt, sour cream, feta cheese, tomatoes, avocado and/or salsa.

No Brown Rice Tortillas: Use corn or whole wheat tortillas instead.

Less Work: Use refried beans, or process the beans in a food processor.

Niacin	1mg
Vitamin B6	0.3mg
Folate	119µg
Vitamin B12	0µg
Magnesium	78mg
Zinc	1mg



Freezer Veggie Breakfast Burritos

10 servings

30 minutes

Ingredients

- 1/4 cup Extra Virgin Olive Oil (divided)
- 5 Garlic (cloves, minced)
- 1 cup Red Onion (large, diced)
- 2 Sweet Potato (large, peeled and diced into 1/2 inch cubes)
- 2 Red Bell Pepper (diced)
- 2 Green Bell Pepper (diced)
- 1 tbsp Cumin
- 1 1/2 tsps Chili Powder
- 1 tsp Sea Salt
- 12 Egg (large, whisked)
- 10 Brown Rice Tortilla (11 inches)

Nutrition

Amount per serving	
Calories	329
Fat	14g
Saturated	3g
Polyunsaturated	2g
Monounsaturated	6g
Carbs	38g
Fiber	5g
Protein	12g
Vitamin A	4973IU
Vitamin C	52mg
Calcium	59mg
Vitamin D	49IU
Riboflavin	0.3mg
Niacin	1mg
Vitamin B6	0.3mg
Folate	48µg

Directions

- 1 Preheat oven to 400°F (204°C) and line baking sheets with foil.
- 2 In a large bowl, combine 3/4 of the olive oil, garlic, red onion, sweet potato, bell peppers, cumin, chilli powder and salt. Toss well and then spread the veggies across the baking sheets in an even layer. Bake in the oven for 30 minutes or until cooked through, gently tossing at the halfway point.
- 3 Meanwhile, heat the remaining olive oil in a large skillet over low-medium heat. Pour the whisked eggs into the skillet, and continuously stir to scramble the eggs while they cook. Set aside.
- 4 Divide eggs and roasted veggies evenly between the tortillas and wrap into burritos.
- 5 Once cooled, wrap the burritos in foil and freeze in a freezer-safe bag. See notes for how to reheat

Notes

Reheating in the Oven: Heat in the oven at 350°F (177°C) for 30 minutes from frozen (or less if already defrosted), then unwrap and return to the oven for another 10-15 minutes for a crispy wrap (optional).

Reheating in the Microwave: Remove foil from defrosted burritos and microwave for 1 to 2 minutes (times will vary depending on the power of your microwave).

Make it Spicy: Add more chilli powder, cayenne pepper, hot sauce and/or sliced jalapeno.

Serve it With: Greek yogurt, sour cream, feta cheese, tomatoes, avocado and/or salsa.

No Brown Rice Tortillas: Use corn or whole wheat tortillas instead.

Vitamin B12	0.5µg
Magnesium	24mg
Zinc	1mg



Pressure Cooker Chicken & Bacon Soup

2 servings
30 minutes

Ingredients

2 slices Bacon (chopped)
1/2 Yellow Onion (chopped)
1 stalk Celery (chopped)
3/4 tsp Garlic Powder
1/2 tsp Onion Powder
1/2 tsp Dried Chives
1/2 tsp Dried Parsley
2 cups Chicken Broth
299 grams Chicken Thighs (boneless and skinless, trimmed)

Nutrition

Amount per serving	
Calories	328
Fat	17g
Saturated	5g
Polyunsaturated	3g
Monounsaturated	7g
Carbs	6g
Fiber	1g
Protein	36g
Vitamin A	155IU
Vitamin C	1mg
Calcium	45mg
Vitamin D	6IU
Riboflavin	0.5mg
Niacin	10mg
Vitamin B6	0.8mg
Folate	14µg
Vitamin B12	1.1µg
Magnesium	45mg
Zinc	3mg

Directions

- 1 Turn the pressure cooker to sauté mode. Add the bacon and cook for 3 to 4 minutes. Drain the fat, leaving a small amount.
- 2 Add the onions and celery to the bacon and cook for 3 to 5 minutes or until the onions start to soften. If the bacon starts sticking to the bottom of the pot, add a splash of the chicken broth. Stir in the garlic powder, onion powder, chives, and parsley. Cook for another minute. Add all of the chicken broth and stir to combine. Add the chicken and close the lid.
- 3 Set to "sealing", then press manual/pressure cooker and cook for 10 minutes on high pressure. Once it is done, release the pressure manually.
- 4 Remove the lid carefully and transfer the cooked chicken to a plate or bowl and use two forks to shred it. Transfer the shredded chicken back to the pot and stir to combine. Taste and season soup with salt if needed. Enjoy!

Notes

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

Serving Size: One serving is approximately 1 1/2 cups of soup.

More Flavor: Add fresh garlic or dried dill.

No Boneless, Skinless Chicken Thighs: Use bone-in chicken thighs or chicken breast instead.

More Vegetables: Add spinach or kale.



Chicken & Quinoa Meatballs

4 servings

35 minutes

Ingredients

- 1/4 cup Quinoa (uncooked)
- 1/2 cup Water
- 1 Egg
- 454 grams Extra Lean Ground Chicken
- 1/2 cup Cilantro (chopped)
- 1 tsp Ginger (fresh, minced)
- 2 tsps Fish Sauce
- 1 tsp Coconut Sugar
- 1/2 Lime (juice and zest)
- 2 tbsps Brown Rice Flour

Nutrition

Amount per serving	
Calories	243
Fat	11g
Saturated	3g
Polyunsaturated	2g
Monounsaturated	5g
Carbs	12g
Fiber	1g
Protein	23g
Vitamin A	207IU
Vitamin C	2mg
Calcium	26mg
Vitamin D	10IU
Riboflavin	0.4mg
Niacin	7mg
Vitamin B6	0.7mg
Folate	31µg
Vitamin B12	0.8µg
Magnesium	59mg
Zinc	2mg

Directions

- 1 Place the quinoa and water in a saucepan over medium-high heat and bring to a boil. Once boiling, cover and reduce heat to low. Let it simmer for 12 minutes. Remove from heat, fluff with a fork and set aside.
- 2 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 3 In a large bowl, add the egg and beat with a fork. To the same bowl, add the chicken, cilantro, ginger, fish sauce, coconut sugar, lime juice and zest and mix well. Add the quinoa and the rice flour and mix again.
- 4 Roll the chicken mixture into balls slightly bigger than a golf ball. Place them on the baking sheet and bake for 18 to 20 minutes. Remove, serve and enjoy!

Notes

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

Serving Size: One serving is equal to five chicken meatballs.

Additional Toppings: Serve with a teriyaki sauce.

No Coconut Sugar: Use brown sugar instead.

No Fish Sauce: Use tamari or soy sauce instead.

No Rice Flour: Use another type of flour instead such as chickpea or a gluten-free blend.



Slow Cooker Beef Stew

6 servings

4 hours

Ingredients

2 tbsps Extra Virgin Olive Oil
 907 grams Stewing Beef (sliced into bite-size pieces)
 1/4 cup Red Wine Vinegar
 2 cups Baby Carrots
 1 Sweet Onion (diced)
 2 1/2 cups Mushrooms (sliced)
 1 cup Beef Broth
 1/2 tsp Dried Thyme
 1 tsp Sea Salt
 1/2 tsp Black Pepper
 1/4 cup Brown Rice Flour

Nutrition

Amount per serving	
Calories	311
Fat	12g
Saturated	4g
Polyunsaturated	1g
Monounsaturated	7g
Carbs	16g
Fiber	3g
Protein	35g
Vitamin A	7681IU
Vitamin C	8mg
Calcium	64mg
Vitamin D	9IU
Riboflavin	0.5mg
Niacin	9mg
Vitamin B6	1.0mg
Folate	26µg

Directions

- 1 Add all ingredients except the brown rice flour to the slow cooker and mix well. Cover and cook on low for 4 to 6 hours, or until beef is tender.
- 2 Remove lid and stir in brown rice flour. Continue to stir until liquid thickens.
- 3 Ladle into bowls and enjoy!

Notes

Leftovers: Store in the fridge up to 3 days or freeze.

More Carbs: Serve it with roasted potatoes, rice or quinoa.

Add Greens: Stir in chopped kale or baby spinach just before serving.

Vitamin B12	3.4µg
Magnesium	49mg
Zinc	9mg



Creamy Potato, Lentil & Kale Casserole

8 servings

1 hour

Ingredients

- 6 Yellow Potato (thinly sliced)
- 4 cups Green Lentils (cooked, drained)
- 6 cups Kale Leaves (stems removed, leaves torn)
- 4 cups Canned Coconut Milk (full fat)
- 3 cups Pureed Pumpkin
- 1 tbsp Garlic Powder
- 2 tbsps Thyme (stems removed)
- 2 tsps Sea Salt

Nutrition

Amount per serving	
Calories	491
Fat	22g
Saturated	20g
Polyunsaturated	0g
Monounsaturated	0g
Carbs	60g
Fiber	15g
Protein	15g
Vitamin A	15096IU
Vitamin C	52mg
Calcium	110mg
Vitamin D	0IU
Riboflavin	0.2mg
Niacin	3mg
Vitamin B6	0.7mg
Folate	225µg
Vitamin B12	0µg
Magnesium	101mg
Zinc	2mg

Directions

- 1 Preheat the oven to 400°F (204°C).
- 2 In a baking dish, arrange 1/3 of the potato slices to form an even layer along the bottom. Spread half the lentils evenly overtop, and then add another layer using half of the kale. Repeat with the remaining potato, lentils and kale, ending with potatoes as your top layer.
- 3 In a bowl, whisk together the coconut milk, pumpkin, garlic powder, thyme and salt. Pour the mixture over the layers of potato, lentils and kale. Bake for 40 to 45 minutes or until the potato is cooked through and browned on top.
- 4 Divide onto plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days. Freeze for up to two months.

Serving Size: A 10 x 13-inch dish was used for 8 servings.



Turmeric Chicken with Brown Rice

3 servings

30 minutes

Ingredients

- 1 cup Brown Rice (dry, uncooked)
- 454 grams Chicken Breast (skinless and boneless)
- 1 tbsp Avocado Oil
- 1 tsp Turmeric
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	451
Fat	11g
Saturated	2g
Polyunsaturated	2g
Monounsaturated	5g
Carbs	48g
Fiber	2g
Protein	39g
Vitamin A	45IU
Vitamin C	0mg
Calcium	15mg
Vitamin D	2IU
Riboflavin	0.3mg
Niacin	18mg
Vitamin B6	1.5mg
Folate	28µg
Vitamin B12	0.3µg
Magnesium	116mg
Zinc	2mg

Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 Cook the brown rice according to the directions on the package.
- 3 While the rice cooks, toss each chicken breast in the avocado oil, turmeric, salt and pepper. Transfer to the baking sheet and cook for 25 to 30 minutes or until cooked through.
- 4 Once the chicken and rice are cooked, divide between plates and enjoy!

Notes

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

More Flavor: Add garlic powder or cayenne pepper.

More Fiber: Add your favorite leafy greens, roasted broccoli or cauliflower.



Curried Chicken Slow Cooker Stew

6 servings

6 hours

Ingredients

- 1 Sweet Potato (large, diced)
- 2 cups Chickpeas (cooked, drained and rinsed)
- 1/2 cup Frozen Corn
- 1/2 cup Frozen Peas
- 1 tsp Cumin (ground)
- 1 tbsp Curry Powder
- 2 Garlic (cloves, minced)
- 2 cups Vegetable Broth (or any type of broth)
- 227 grams Chicken Breast

Nutrition

Amount per serving	
Calories	185
Fat	3g
Saturated	0g
Polyunsaturated	1g
Monounsaturated	1g
Carbs	26g
Fiber	6g
Protein	15g
Vitamin A	3587IU
Vitamin C	4mg
Calcium	52mg
Vitamin D	0IU
Riboflavin	0.2mg
Niacin	5mg
Vitamin B6	0.5mg
Folate	113µg
Vitamin B12	0.1µg
Magnesium	54mg

Directions

- 1 Add all ingredients except chicken breasts to the slow cooker and stir well to mix. Then lay chicken on top and season them generously with sea salt and pepper. Cover with lid and cook on low setting overnight or for 6 to 8 hours.
- 2 After 6 to 8 hours, remove the lid and lift the chicken out onto a plate. Use a fork to shred the chicken breasts and add them back to the slow cooker. Stir well to mix and let sit for 15 minutes.
- 3 Serve the stew on it's own or over brown rice. Enjoy!

Notes

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

Serving Size: One serving is approximately 1 1/2 cups of stew.

More Carbs: Serve it over brown rice.

More Protein: Serve it over quinoa.

Vegan and Budget-Friendly: Skip the chicken breast and add an extra can of chickpeas, lentils or beans instead.

Turn it Into a Soup: Double up on the broth.

More Green Veggies: Right before serving, stir in a few cups of baby spinach or chopped kale just until wilted.

Zinc

1mg



Chicken, Rice & Broccoli

4 servings

45 minutes

Ingredients

- 1 cup Brown Rice (uncooked, rinsed)
- 2 cups Water
- 454 grams Chicken Breast (boneless, skinless)
- 2 tbsps Extra Virgin Olive Oil
- 1/2 tsp Sea Salt
- 4 cups Broccoli (chopped into florets)

Nutrition

Amount per serving	
Calories	396
Fat	12g
Saturated	2g
Polyunsaturated	2g
Monounsaturated	6g
Carbs	41g
Fiber	4g
Protein	31g
Vitamin A	601IU
Vitamin C	81mg
Calcium	65mg
Vitamin D	1IU
Riboflavin	0.4mg
Niacin	14mg
Vitamin B6	1.3mg
Folate	78µg
Vitamin B12	0.2µg
Magnesium	107mg
Zinc	2mg

Directions

- 1 Preheat the oven to 400°F (204°C). Line a baking dish with parchment paper.
- 2 Combine the rice and water in a pot and bring to a boil. Reduce the heat to a simmer and cover with a lid. Cook for 40 minutes or until water is absorbed. Remove the lid and fluff with a fork.
- 3 In the prepped baking dish, coat the chicken with oil and salt. Bake for 25 to 30 minutes, or until cooked through. Set aside and cover with foil while prepping the other ingredients.
- 4 While the rice is cooking, place broccoli in a steaming basket and add it to the same pot of rice. Steam for 5 minutes or until tender. Set aside.
- 5 Slice the chicken and divide it, along with the broccoli and rice onto plates or into containers. Enjoy!

Notes

No Brown Rice: Use quinoa, jasmine rice, couscous, barley or cauliflower rice instead.

Less Time: Soak the rice overnight or slice the chicken in half lengthwise to reduce cooking time.

No Steaming Basket: Toss the broccoli in oil, add to a baking sheet and roast for 10 minutes.

Leftovers: Refrigerate in an airtight container up to 3 days.

Serving Size: One serving is equal to approximately 3/4 cup of cooked rice, 1 cup of broccoli and 4 ozs of chicken.