





Mexican Black Bean Salad

4 servings

15 minutes

Ingredients

- 2 cups Black Beans (cooked)
- 1 Red Bell Pepper (chopped)
- 1/4 cup Red Onion (chopped)
- 1 Avocado (diced)
- 1/4 cup Lime Juice
- 1/4 tsp Chili Powder
- 1/4 tsp Cumin
- 1/8 tsp Sea Salt

Nutrition

Amount per serving	
Calories	210
Fat	8g
Saturated	1g
Polyunsaturated	1g
Monounsaturated	5g
Carbs	29g
Fiber	12g
Protein	9g
Vitamin A	1069IU
Vitamin C	48mg
Calcium	38mg
Vitamin D	0IU
Vitamin K	15µg
Riboflavin	0.1mg
Vitamin B6	0.3mg
Folate	186µg
Vitamin B12	0µg
Magnesium	81mg
Zinc	1mg

Directions

- 1 In a large mixing bowl combine the black beans, pepper, onion and avocado.
- 2 Add the lime juice, chili powder, cumin, and salt to a mason jar. Seal with a lid and shake until combined. Pour dressing over the black bean mixture and stir until evenly coated.
- 3 Serve chilled and enjoy.

Notes

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

Serving Size: One serving is approximately 1 cup.

More Flavor: Add cilantro, tomato, corn or hot sauce.

No Black Beans: Use cooked lentils or chickpeas instead.



Chickpeas with Sweet & Spicy Peanut Sauce

4 servings

35 minutes

Ingredients

- 1 cup Brown Rice
- 1/2 cup All Natural Peanut Butter
- 1/4 cup Canned Coconut Milk
- 2 tbsps Lime Juice
- 1 1/2 tbsps Coconut Aminos
- 1 tbsp Maple Syrup
- 1/2 tsp Red Pepper Flakes
- 2 Garlic (clove, minced)
- 1/2 cup Water (divided)
- 4 cups Baby Spinach (chopped)
- 1 1/2 cups Chickpeas (cooked, rinsed)
- 1/2 Yellow Onion (chopped)

Nutrition

Amount per serving	
Calories	526
Fat	22g
Saturated	6g
Polyunsaturated	5g
Monounsaturated	9g
Carbs	68g
Fiber	9g
Protein	17g
Vitamin A	2927IU
Vitamin C	12mg
Calcium	98mg
Vitamin D	0IU
Vitamin K	148µg
Riboflavin	0.3mg
Vitamin B6	0.5mg
Folate	204µg

Directions

- 1 Cook the brown rice according to package directions.
- 2 Meanwhile, in a small pot over medium-low heat add the peanut butter, coconut milk, lime juice, coconut aminos, maple syrup, red pepper flakes, garlic and half of the water. Whisk until combined. Continue to heat until just warmed through, stirring often to prevent burning. Season with salt or additional lime juice if needed.
- 3 Heat a large skillet or pan with a lid over medium-high heat. Add the spinach, chickpeas and onion to the pan along with the remaining water and cover with the lid. Steam for about 5 minutes or until the onions have softened and most of the water has evaporated.
- 4 Remove from the heat and add the warm peanut sauce to the pan with the chickpeas and stir to combine.
- 5 To serve, divide the rice between plates and top with the peanut chickpea mixture. Enjoy!

Notes

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

More Flavor: Add fresh ginger to the peanut sauce.

Additional Toppings: Serve with lime wedges, hot sauce and/or freshly chopped cilantro.

No Coconut Aminos: Use tamari or other soy sauce instead.

Vitamin B12	0µg
Magnesium	164mg
Zinc	3mg



Falafel Tahini Salad

4 servings

30 minutes

Ingredients

- 2 2/3 cups Green Lentils (cooked, drained and rinsed)
- 1/3 cup Tahini (divided)
- 1/2 cup Cilantro (finely chopped)
- 1 tsp Cumin
- 1 tbsp Apple Cider Vinegar
- 1 tsp Sea Salt (divided)
- 1/4 cup Unsweetened Coconut Yogurt
- 1/4 cup Water
- 8 cups Mixed Greens
- 1 cup Sauerkraut

Nutrition

Amount per serving	
Calories	317
Fat	13g
Saturated	2g
Polyunsaturated	6g
Monounsaturated	5g
Carbs	36g
Fiber	15g
Protein	18g
Vitamin A	174IU
Vitamin C	15mg
Calcium	211mg
Vitamin D	0IU
Vitamin K	13µg
Riboflavin	0.2mg
Vitamin B6	0.3mg
Folate	271µg
Vitamin B12	0.2µg
Magnesium	76mg

Directions

- 1 Preheat the oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 2 In a food processor or blender, combine the lentils, 2/3 of the tahini, cilantro, cumin, apple cider vinegar and half the salt.
- 3 Form the mixture into balls using about 1 to 1 1/2 tablespoons of the mixture for each ball. Place on the baking sheet and cook for 20 to 25 minutes or until warmed through and firm.
- 4 Meanwhile, make the dressing by whisking together the yogurt, remaining tahini, remaining salt and water.
- 5 Divide the mixed greens onto plates and top with the lentil tahini falafels, sauerkraut and tahini yogurt dressing. Enjoy!

Notes

Leftovers: Refrigerate the falafels separately in an airtight container for up to seven days or freeze for up to two months. For best results, reheat the falafels in the oven just before serving.

Serving Size: One serving is approximately five falafels, 2 cups of mixed greens, 1/4 cup of sauerkraut and 2 tablespoons of dressing.

Additional Toppings: Avocado, mushrooms, sliced peppers, cucumbers, tomato, capers and/or olives.

No Sauerkraut: Use pickled cabbage instead.

Zinc

3mg



Chickpea Avocado Arepas

5 servings

30 minutes

Ingredients

- 2 1/2 cups Water (warm)
- 1 1/2 tsps Sea Salt (divided)
- 2 cups Cornmeal (white, pre-cooked)
- 1 tbsp Coconut Oil
- 2 cups Chickpeas (cooked)
- 2 Avocado (peeled and mashed)
- 1 Lime

Nutrition

Amount per serving	
Calories	439
Fat	18g
Saturated	4g
Polyunsaturated	3g
Monounsaturated	9g
Carbs	63g
Fiber	14g
Protein	11g
Vitamin A	244IU
Vitamin C	12mg
Calcium	58mg
Vitamin D	0IU
Vitamin K	20µg
Riboflavin	0.2mg
Vitamin B6	0.5mg
Folate	191µg
Vitamin B12	0µg
Magnesium	120mg
Zinc	2mg

Directions

- 1 Whisk together the water and 2/3 of the salt into a bowl until dissolved. Gradually add the cornmeal and use a spatula to fold and press into a smooth dough. Let rest for 5 minutes.
- 2 Divide the dough into balls and gently press each one with your palms to form patties about 4-inches wide and 1/3-inch thick.
- 3 In a skillet, heat oil over medium heat. Cook each patty for about 5 minutes per side or until brown. Let cool on a plate lined with paper towel.
- 4 Meanwhile, combine chickpeas, avocado, lime and remaining salt into a bowl and mix well.
- 5 Slice the arepas in half and stuff with the chickpea avocado filling. Enjoy!

Notes

Cornmeal: This recipe was developed and tested using P.A.N. pre-cooked, white cornmeal. If using a different type of pre-cooked white cornmeal, results may vary.

Serving Size: One serving is equal to two stuffed arepas.

Prep Ahead: Make the raw arepa patties ahead of time and refrigerate on a plate covered with plastic wrap. The chickpea avocado filling can be made before serving.

No Chickpeas: Use white beans, firm tofu, tempeh, or chicken instead.

Likes it Spicy: Add red pepper flakes, sliced jalapeno or hot sauce.

More Flavour: Add chopped cilantro to the chickpea avocado filling.



One Pan Tempeh & Veggies

2 servings

50 minutes

Ingredients

- 1/4 cup Balsamic Vinegar
- 2 tbsps Dijon Mustard
- 2 tbsps Vegetable Broth
- 2 Garlic (clove, minced)
- 1 tsp Oregano
- 3/4 tsp Sea Salt
- 255 grams Tempeh (cut into thin strips)
- 2 cups Broccoli (cut into florets)
- 1/2 cup Frozen Edamame (thawed)
- 1/4 head Cauliflower (cut into florets)
- 1/2 Red Bell Pepper (chopped)

Nutrition

Amount per serving	
Calories	398
Fat	16g
Saturated	4g
Polyunsaturated	7g
Monounsaturated	5g
Carbs	32g
Fiber	7g
Protein	35g
Vitamin A	1656IU
Vitamin C	158mg
Calcium	249mg
Vitamin D	0IU
Vitamin K	119µg
Riboflavin	0.7mg
Vitamin B6	0.7mg
Folate	265µg
Vitamin B12	0.1µg
Magnesium	168mg

Directions

- 1 Combine the balsamic vinegar, Dijon mustard, vegetable broth, garlic, oregano, and sea salt in a zipper-lock bag. Add the tempeh and marinate for at least 20 minutes.
- 2 Meanwhile, add the broccoli, edamame, cauliflower, and bell pepper to a large bowl.
- 3 Preheat the oven to 350°F (176°C) and line a baking sheet with parchment paper.
- 4 Transfer the marinated tempeh to one side of the baking sheet, arranging in a single, evenly spaced layer.
- 5 Pour about half of the marinade on the vegetables and toss to coat. Transfer them to the other side of the baking sheet. Bake for about 24 to 26 minutes, turning the tempeh and stirring the vegetables halfway through. Divide between plates and enjoy!

Notes

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

Additional Toppings: Fresh herbs or green onion.

Serve It With: Brown rice, quinoa or cauliflower rice.

Vegetables: Use carrots, zucchini, Brussels sprouts, green beans, asparagus, or eggplant instead.

No Vegetable Broth: Use water instead.

Zinc

3mg



Curried Tofu Scramble

3 servings

25 minutes

Ingredients

- 1 tbsp Vegetable Broth
- 1 Red Bell Pepper (chopped)
- 1/2 Yellow Onion (chopped)
- 447 grams Tofu (extra firm, drained and pressed to remove water)
- 1 tsp Curry Powder
- 1 tbsp Nutritional Yeast
- 1/4 tsp Sea Salt
- 3 cups Arugula

Nutrition

Amount per serving	
Calories	160
Fat	8g
Saturated	1g
Polyunsaturated	4g
Monounsaturated	2g
Carbs	8g
Fiber	4g
Protein	18g
Vitamin A	1728IU
Vitamin C	54mg
Calcium	467mg
Vitamin D	0IU
Vitamin K	29µg
Riboflavin	2.6mg
Vitamin B6	2.8mg
Folate	51µg
Vitamin B12	11.3µg
Magnesium	68mg
Zinc	2mg

Directions

- 1 In a skillet over medium-low heat, add the vegetable broth along with the pepper and onion. Sauté for 8 to 10 minutes.
- 2 Break apart the tofu into large chunks and add to the pan. Use the back of a wooden spoon to break it apart into smaller pieces. Add the curry powder, nutritional yeast and sea salt. Stir to combine the spices evenly.
- 3 Add arugula to the pan and stir until just wilted, about 1 minute. Remove from the heat, serve and enjoy!

Notes

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

No Vegetable Broth: Use avocado oil or extra virgin olive oil instead.

More Flavor: Add mushrooms or fresh herbs to the dish.



Pesto Tofu Bites

4 servings

30 minutes

Ingredients

481 grams Tofu (extra-firm, pressed and cubed)
1/2 cup Pesto
1/2 tsp Sea Salt

Nutrition

Amount per serving	
Calories	231
Fat	18g
Saturated	3g
Polyunsaturated	5g
Monounsaturated	9g
Carbs	5g
Fiber	2g
Protein	15g
Vitamin A	486IU
Vitamin C	0mg
Calcium	435mg
Vitamin D	0IU
Vitamin K	51µg
Riboflavin	0.3mg
Vitamin B6	0.1mg
Folate	16µg
Vitamin B12	0µg
Magnesium	57mg
Zinc	2mg

Directions

- 1 Preheat the oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 2 Add the tofu cubes to a bowl and gently toss with the pesto and salt. Transfer to the baking sheet, and bake for 25 to 30 minutes, flipping halfway through. Enjoy!

Notes

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

Serving Size: One serving is approximately 1 cup cubed tofu.

Extra Firm Tofu: To press the tofu, wrap in paper towel, place a plate or cutting board on top of the block of tofu. Place a heavy pan or heavy object on the cutting board. Let the tofu rest like this for 15 to 30 minutes.



Pressure Cooker Sweet Potato & Peanut Soup

4 servings
25 minutes

Ingredients

- 1 tsp Avocado Oil
- 1/2 Yellow Onion (diced)
- 2 Sweet Potato (medium-sized, peeled and cut into cubes)
- 2 Garlic (cloves, minced)
- 2 tsp Smoked Paprika
- 1/2 tsp Turmeric
- 1 tsp Chili Flakes (optional)
- 2 1/2 cups Fire Roasted Diced Tomatoes (from the can with juices)
- 1/4 cup Sun Dried Tomatoes (drained)
- 1/2 cup Raw Peanuts
- 1/2 tsp Sea Salt
- 1 3/4 cups Canned Coconut Milk
- 1 cup Water
- 1/4 cup All Natural Peanut Butter
- 2 cups Baby Spinach

Nutrition

Amount per serving	
Calories	514
Fat	37g
Saturated	20g
Polyunsaturated	5g
Monounsaturated	10g
Carbs	35g
Fiber	7g
Protein	13g
Vitamin A	11849IU
Vitamin C	15mg

Directions

- 1 Turn your pressure cooker to sauté mode and add the avocado oil. Add the onion and sweet potato and cook for 4 to 5 minutes. Then add the garlic and saute for 1 minute more. Turn the sauté mode off and add the smoked paprika, turmeric and chili flakes, if using. Stir to combine.
- 2 Add the canned tomatoes, sun dried tomatoes, peanuts, salt, coconut milk and water. Put the lid on and set to "sealing" then press manual/pressure cooker and cook for 4 minutes on high pressure. Once finished, let the pressure release naturally for 5 minutes, then do a quick release.
- 3 Carefully remove the lid, and add the peanut butter and spinach and stir to combine. Divide between bowls and enjoy!

Notes

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

Serving Size: One serving is equal to about 1 1/4 cups soup.

No Peanuts: Use sunflower seed butter and sunflower seeds, or almond butter and almonds instead.

No Fire Roasted Tomatoes: Use diced tomatoes instead.

Additional Toppings: Top with additional peanuts.

Calcium	160mg
Vitamin D	0IU
Vitamin K	76µg
Riboflavin	0.2mg
Vitamin B6	0.4mg
Folate	97µg
Vitamin B12	0µg
Magnesium	97mg
Zinc	1mg



Falafel Salad with Green Tahini Sauce

3 servings

30 minutes

Ingredients

- 3/4 cup Oats (quick or traditional)
- 2 cups Lentils (cooked, drained and rinsed)
- 2 Garlic (cloves, minced)
- 1/2 tsp Sea Salt
- 2 cups Parsley (divided)
- 1 Lemon (juiced and divided)
- 2 tbsps Extra Virgin Olive Oil (divided)
- 1/4 cup Tahini
- 1/4 cup Water
- 4 cups Baby Spinach (or mixed greens)

Nutrition

Amount per serving	
Calories	459
Fat	22g
Saturated	3g
Polyunsaturated	6g
Monounsaturated	11g
Carbs	50g
Fiber	17g
Protein	20g
Vitamin A	7190IU
Vitamin C	74mg
Calcium	223mg
Vitamin D	0IU
Vitamin K	866µg
Riboflavin	0.3mg
Vitamin B6	0.4mg
Folate	408µg
Vitamin B12	0µg
Magnesium	148mg

Directions

- 1 Preheat the oven to 420°F (216°C) and line a baking sheet with parchment paper.
- 2 Place your oats in a food processor and pulse into a fine powder. Ensure your lentils are very dry. Excess liquid will make the batter harder to work with. Add lentils, garlic, sea salt, half of the parsley, half of the lemon juice and half the olive oil. Pulse until well combined. Form the batter into small patties or balls and transfer them to the baking sheet. Bake in the oven for 20 to 25 minutes.
- 3 Meanwhile, rinse out the food processor container and dry it well. Then combine the remaining parsley, lemon juice and olive. Add the tahini, water and season with sea salt. Blend until smooth. Taste and adjust lemon juice and sea salt to taste.
- 4 Plate the baby spinach. Serve the baked falafels over top and drizzle with tahini dressing. Enjoy!

Notes

Speed It Up: Skip making the tahini sauce and serve with hummus instead.

Zinc

4mg



Baked Italian Veggie Balls

4 servings

1 hour 30 minutes

Ingredients

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

Nutrition

Amount per serving	
Calories	207
Fat	11g
Saturated	1g
Polyunsaturated	1g
Monounsaturated	3g
Carbs	22g
Fiber	9g
Protein	8g
Vitamin A	1045IU
Vitamin C	49mg
Calcium	77mg
Vitamin D	0IU
Vitamin K	8µg
Riboflavin	0.1mg
Vitamin B6	0.3mg
Folate	104µg
Vitamin B12	0µg
Magnesium	86mg
Zinc	1mg

Directions

- 1 Preheat oven to 350°F (177°C). Line a baking sheet with parchment paper.
- 2 Heat the olive oil in a large skillet over medium heat. Add the zucchini, red pepper, and eggplant. Saute for about 10 minutes or until soft.
- 3 Transfer the veggies to a food processor along with the salt, almond flour and white beans. Pulse until mostly smooth, with a few veggie chunks.
- 4 Roll into 2-inch sized balls and place on the parchment-lined baking sheet. Bake the veggie balls for 30 minutes then carefully flip. Bake for another 20 to 30 minutes, or until firm.
- 5 Remove from the oven and enjoy!

Notes

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