

# 50 HIGH PROTEIN VEGAN SALADS





# LEGUME SALADS

# TRIPLE BEAN SALAD WITH DIJON VINAIGRETTE

Serves: 4-5    Prep. time: 30 min

## Ingredients

- 1 15 oz. can garbanzo beans
- 1 15 oz. can kidney beans
- 1 15 oz. can black beans
- ¼ cup parsley, chopped
- 1 tsp Dijon mustard
- 2 tsp maple syrup
- 3 tsp red wine vinegar
- ¼ cup extra virgin olive oil
- Salt and pepper to taste

## Directions

**STEP 1.** Add all beans to a colander, drain and rinse them with cold water.

**STEP 2.** Whisk the last 5 ingredients in a large bowl, add the onion, parsley, and beans. Stir to combine, and coat with vinaigrette.

**STEP 3.** Chill until serving, the longer it sits, the better it tastes.

# BARBEQUE BLACK BEAN SALAD

Serves: 3-4    Prep. time: 20 min.

## Ingredients

- 1 15 oz. can of corn
- 1 15 oz. can of black beans
- 1 15 oz. can black eyed peas
- Freshly cracked black pepper
- 1 sweet bell pepper (any color)
- 1 medium sized jicama, peeled and diced
- 1 cup cherry tomatoes, sliced in half
- 2 green onions, finely chopped
- 1 head romaine lettuce, chopped
- 2 tsp fresh cilantro, chopped
- 2-4 tsp vegan barbeque sauce
- 2-4 tsp vegan ranch dressing

## Directions

**STEP 1.** Drain and rinse the corn, beans and peas.

**STEP 2.** Heat a non-stick pan over medium-high heat. Add the corn and black pepper to the pan, heat until edges begin to blacken, giving them a barbequed flavor, stirring when necessary.

**STEP 3.** Place the beans and peas in a large salad bowl. Add all other salad ingredients, and mix to combine. Once ready to serve, top with warmed corn, barbeque sauce, and ranch dressing.

# LENTIL SALAD

Serves: 3-4      Prep. time: 30 min.

## Ingredients

- 1 cup green lentils, dry
- 2 cups water, lightly salted
- 1 cup chopped fresh parsley
- 2 tsp fresh mint, chopped
- 2 cloves garlic, minced
- 2 stalks celery, diced
- 1 red bell pepper, cored and diced
- 4 tsp lemon juice
- 2 tsp extra-virgin olive oil
- Ground black pepper
- ½ cup slivered almonds, toasted

## Directions

**STEP 1**, Bring a medium pot of salted water to a boil. Add the lentils and cook until al dente, about 15 minutes.

STEP 2. Meanwhile, combine the herbs and vegetables in a large bowl.

**STEP 3**. Make the dressing by whisking the lemon, oil, and pepper together. Add to the bowl of salad, and mix in the lentils when cooked. Toss to coat.

**STEP 4**. When ready to serve, top with toasted almonds.

# SPICY LENTIL TACO SALAD

Serves: 2

Prep. time: 20 min.

## Ingredients

- 1 cup cooked lentils
- 2 tbsp nutritional yeast flakes
- ½ tsp paprika ½ tsp cumin
- ½ tsp chili powder
- Salt and pepper to taste
- 2 whole grain tortillas
- ½ cup tomatoes, chopped
- ¼ cup bell pepper, chopped fine
- 2 green onions, chopped
- 2 cups romaine lettuce, shredded
- 1 avocado
- ¼ cup cilantro, chopped fine
- ½ lime, juiced
- ⅓ cup water
- Optional drizzle of vegan ranch dressing

## Directions

**STEP 1.** In a medium saucepan, combine lentils, yeast, and spices. Heat until lentils are warmed through, adding a little water if necessary.

**STEP 2.** Layer the lentils on top of a warmed tortillas then top with the tomatoes, bell pepper, onion and romaine.

**STEP 3.** Make the dressing by blending the avocado, cilantro, salt, lime juice and water in a blender or food processor. Blend until smooth and creamy, adding more water to thin if necessary.

**STEP 4.** Pour dressing over the salad and add an optional drizzle of vegan ranch if desired.

# FALAFEL SALAD

Serves: 2-3      Prep. time: 25 min.

## Ingredients

- 1 ½ cups chickpeas, cooked
- 1 cup kidney beans, cooked
- ½ cup chopped fresh parsley
- ½ cup green onions chopped
- 2 cloves garlic, minced
- 4 tbsp whole wheat flour
- 1 tsp cumin Sea salt and black pepper, to taste
- 2-3 tbsp avocado oil for cooking
- 4 cups mixed greens
- 1 cucumber, sliced
- 1 cup chopped tomatoes
- ¼ cup Tahini or sunflower seed butter
- 3-4 tbsp hot water to thin
- ½ tsp Sea salt ½ tsp garlic powder

# FALAFEL SALAD

Serves: 2-3      Prep. time: 25 min.

## Directions

**STEP 1.** Pat beans dry with a clean dish towel and place in a food processor.

**STEP 2.** Add the parsley, green onions, flour, garlic, cumin, salt and pepper, to your liking. Pulse a few times on high until the mixture is crumbly, but not a paste. Alternatively, if you have no food processor you can chop all the ingredients on a large cutting board until you achieve the desired texture.

**STEP 3.** Shape into small patties (makes 8-9). Refrigerate if you have time to let them firm up or proceed to step four if you are short on time. Skipping the refrigeration just makes them more delicate when cooked.

**STEP 4.** Once ready to cook, add 1 tbsp of oil to the pan, and heat over medium-high heat. Add 3-4 falafel and pan fry for 4 minutes each side or until golden brown. Add a little more oil to the pan before each batch.

**STEP 5.** To make the dressing, place tahini, water, salt, and garlic powder in a small bowl, stir to combine and use it while it is still warm.

**STEP 6.** Assemble salad by placing greens, tomato, and cucumber in individual serving dishes. Divide falafel to each plate and serve hot with a drizzle of the dressing on top.



# WARM HADIG SALAD

Serves: 4     Prep. time: 10min.

## Ingredients

- 2 cups wheat berries, cooked
- 1 15 oz. can chickpeas, drained and rinsed
- 1 tbsp cinnamon
- $\frac{1}{3}$  cup shredded coconut, unsweetened
- $\frac{1}{2}$  cup walnuts, raw
- $\frac{1}{4}$  cup dried cranberries
- Maple syrup to taste

## Directions

**STEP 1.** Combine all ingredients in a large saucepan.

**STEP 2.** Heat over medium heat, stirring constantly, until warmed through and cinnamon is aromatic.

**STEP 3.** Serve warm with a drizzle of maple syrup.

# EDAMAME CHICKPEA SALAD

Serves: 4-5      Prep. time: 20 min.

## Ingredients

- 1 15 oz. can of chickpeas, drained and rinsed
- 1 ½ cups edamame, shelled, thawed if frozen
- 1 red pepper, chopped
- 1 English cucumber, chopped
- 3 green onions, chopped
- ¼ cup fresh parsley, chopped
- ¼ cup roasted, salted cashews
- ⅓ cup tahini
- 1 lemon, juiced
- 1 garlic clove, minced
- ¼ tsp sea salt
- 3-4 tbsp. water to thi

## Directions

**STEP 1.** Combine the chickpeas, edamame, pepper, cucumber, onions and parsley in a bowl.

**STEP 2.** To make lemon tahini dressing combine the last 6 ingredients in a small bowl. Pour over the salad ingredients.

**STEP 3.** Allow it to sit in the refrigerator for at least 15 minutes for the flavors to combine. Top with salted cashews right before serving.

# CINNAMON SPICED CHICKPEA SALAD

Serves: 4      Prep. time: 10min.

## Ingredients

- 1 15-ounce can chickpeas, rinsed and drained
- 2 tbsp. avocado oil
- 2 tsp cinnamon, divided
- Salt and pepper to taste
- 1 Granny Smith apple, chopped
- ¼ red onion, sliced thin
- 4-5 cups spring mix
- ¼ cup walnuts, chopped
- 2 tbsp. hemp seeds
- 2 tbsp. balsamic vinegar
- ½ tsp salt
- 2 tbsp. olive oil
- 1 tbsp. maple syrup, plus more for drizzling
- ½ tsp salt, divided

## Directions

**STEP 1.** Preheat the oven to 400 Degrees F. Toss the chickpeas with the avocado oil, salt, pepper, and 1 tsp of cinnamon. Place on a baking sheet and bake for 15 minutes or until crispy.

**STEP 2.** In a large bowl, place the arugula, apples, walnuts, and hemp seeds. Toss to combine.

**STEP 3.** In a medium bowl add the olive oil, vinegar, maple syrup, 1 tsp of cinnamon, and 1 tsp of salt. Whisk to combine.

**STEP 4.** Pour the dressing into the large salad bowl and toss to coat. Top with warm chickpeas and an extra drizzle of maple syrup if desired.

# ROASTED GARLIC AND TOMATO RED LENTIL SALAD

Serves: 2-3      Prep. time: 30 min.

## Ingredients

- 1 head of garlic
- 1 tbsp avocado oil, divided
- 1 ½ cups grape tomatoes, halved
- 1 cup mushrooms
- 2 ¾ cups vegetable broth
- 1 cup red lentils
- ½ cup diced celery
- ½ cup diced sweet bell pepper
- 1-2 cups arugula or other mixed greens
- 2 tbsp extra virgin olive oil
- 2 tbsp lemon juice
- ¼ tsp crushed red pepper
- ¼ tsp paprika
- Sea salt and freshly ground black pepper, to taste

## Directions

**STEP 1.** Preheat oven to 425 degrees F. Cut off the tip of the garlic head, drizzle with 1 tsp of oil and enclose with aluminum foil. Place in the oven.

**STEP 2.** Meanwhile, arrange tomatoes and onion on a baking sheet, drizzle with remaining oil, and bake for 20 min.

**STEP 3.** Carefully open the garlic and allow to cool. Remove the cloves and lightly chop, placing them in a bowl with the tomatoes, onion, celery, greens, and red pepper.

**STEP 4.** While the garlic and vegetables are roasting, bring the broth to a boil. Add lentils and simmer for 15-20 minutes or until tender. Drain off any excess water and add to the bowl of vegetables.

**STEP 5.** To make the dressing, add olive oil, lemon juice and spices to a small bowl. Whisk and then pour over lentil mixture. Serve warm or chill and serve cold.

# SPROUTED LENTIL SALAD WITH MAPLE MUSTARD DRESSING

Serves: 2      Prep. time: 10min.

## Ingredients

- 2 cups sprouted lentils
- 1 cup wheat berries, cooked and cooled
- 1 green onion, sliced (white and green parts)
- 1 cup tomatoes, chopped
- 1 English cucumber, chopped    Juice of
- 1 lemon
- ¼ cup Dijon or spicy mustard
- ¼ cup maple syrup
- 2 tbsp. extra virgin olive oil
- Sea salt and freshly ground pepper to taste
- Serve over a bed of fresh arugula greens (optional)

## Directions

**STEP 1.** Combine sprouted lentils and wheat berries in a large bowl, toss with the lemon juice, mustard, syrup and olive oil.

**STEP 2.** Add the onion, tomatoes, and cucumber. Mix lightly to coat and serve cold.



# GRAIN BASED SALADS

# WARM QUINOA SALAD

Serves: 2      Prep. time: 20 min.

## Ingredients

- ½ cup onion, chopped
- ½ cup carrot, chopped
- ½ cup celery, chopped
- 1 cup quinoa, rinsed well
- 2 cups vegetable stock
- ¼ cup dried cranberries
- ¼ cup raw pumpkin seeds
- 1 avocado, sliced
- Olive oil for drizzling

## Directions

**STEP 1.** In a saucepan add the onion, carrot, celery, quinoa and stock. Cover and simmer for 15 min.

**STEP 2.** Once tender, remove from heat, add the pumpkin seeds and cranberries, cover with the lid and allow to sit another 5 minutes for cranberries to plump.

**STEP 3.** To serve add the avocado slices, and drizzle with a small amount of olive oil. Enjoy!

# WHEAT BERRY AND ARUGULA CITRUS SALAD

Serves: 2      Prep. time: 20 min.

## Ingredients

- 1 cup wheat berries, cooked and cooled
- Pinch of salt
- 2-3 cups arugula
- ½ cup shelled pistachios
- 1 bell pepper, sliced
- 1 grapefruit in sections
- 1 tbsp. Apple Cider Vinegar
- Honey or maple syrup to taste

## Directions

**STEP 1.** Assemble the salad by adding wheat berries on top of the arugula with the other toppings.

**STEP 2.** Pour vinegar and honey over the top. Enjoy!



# SOUTH OF THE BORDER SALAD

Serves: 2-3    Prep. time: 15 min.

## Ingredients

- 2 cups brown rice, cooked
- 1 - 15 oz. can of black beans, rinsed
- 1 cup frozen corn, thawed
- 1 cup celery, chopped thin
- $\frac{1}{3}$  cup red or green onions
- 1 cup tomatoes, diced
- 1 bell pepper, diced
- 2 tbsp. fresh cilantro
- $\frac{1}{4}$  cup red wine vinegar
- $\frac{1}{4}$  cup extra virgin olive oil
- 1 tbsp. hot sauce
- 1 tsp. cumin
- 1 tbsp. coconut sugar
- 1 tsp. salt
- 1 tsp. Pepper

## Directions

**STEP 1.** Wisk all the dressing ingredients (last six ingredients) together in a large bowl.

**STEP 2.** Add all other ingredients and chill until eating. This salad is delicious made ahead of time and allowed to sit overnight.

# BALSAMIC QUINOA KALE SALAD

Serves: 2-3    Prep. time: 25 min.

## Ingredients

- 1 cup quinoa, uncooked
- 2 cups vegetable stock
- 1 cup celery
- 1 small bunch of kale
- 1 tbsp. extra virgin olive oil
- ½ cup pumpkin seeds
- ¼ cup dried raisins or cranberries
- 4 tbsp. aged balsamic vinegar
- 1 tbsp. maple syrup
- 1 green onion, sliced
- 1 cup tofu feta (store-bought or make your own using recipe on Italian Pasta Salad)

## Directions

**STEP 1.** Boil the quinoa in stock with the celery. In a separate pan sauté the kale in the olive oil.

**STEP 2.** Once the quinoa has softened, add all other ingredients. Serve warm or refrigerate and serve cold.

# NUTTY BROWN RICE SALAD

Serves: 2-3      Prep. time: 10min.

## Ingredients

- 2 cups cooked brown rice
- 1 - 15 oz. can kidney beans, rinsed and drained
- ¼ cup red onions, chopped fine
- ½ cup broccoli, cut into small pieces
- 1 cup chopped bell pepper, use multiple colors if you like
- ¼ cup raw almonds, chopped
- ¼ cup Bottled Italian dressing

## Directions

**STEP 1.** Assemble all ingredients in a bowl, toss lightly. This salad keeps well for a few days in the refrigerator.

# CAJUN RICE AND RED BEAN SALAD

Serves: 3-4      Prep. time: 10min.

## Ingredients

- 2 cups cooked brown rice (for extra flavor, cook in vegetable stock)
- 15 oz. can red kidney beans
- 1 green bell pepper, sliced thin
- ½ yellow onion, sliced thin
- 3 stalks celery
- 1-2 tsp. Cajun seasoning, depending on how spicy you like it
- ½ tbsp. rice vinegar
- 1 tbsp. extra virgin olive oil
- Fresh parsley (optional)

## Directions

**STEP 1.** Combine all salad ingredients in a bowl.

**STEP 2.** Top with Cajun seasoning, rice vinegar and olive oil. Toss to coat. Garnish with fresh parsley and serve.

# ROASTED CHICKPEA THAI SALAD

Serves: 2-3

Prep. time: 15 min.

## Ingredients

- 2 tbsp. coconut oil
- 1 15 oz. can chickpeas, rinsed and drained
- ½ tsp sea salt
- ½ tsp pepper
- 1 tsp onion powder
- 1 tsp curry powder
- 1 cup cooked quinoa
- 2 tbsp. sweet Thai chili sauce, bottled
- 3-4 cups mixed greens
- ½ cup cilantro
- 1 red bell pepper, diced
- 1 cup carrots, shredded
- ¼ red onion, sliced thin
- 1 avocado, diced
- ¼ cup chopped peanuts to garnish
- 4 tbsp. full fat coconut milk

## Directions

**STEP 1.** Heat the coconut oil in a non-stick pan over high heat. Add the chickpeas, salt, pepper, onion powder, and curry powder. Roast for 3-5 minutes or until crispy.

**STEP 2.** Meanwhile mix the chili sauce with the cooked quinoa. Place in a large bowl with all other salad ingredients besides the peanuts in a large bowl, toss to mix.

**STEP 3.** Pour the coconut milk over salad and top with crispy chickpeas and peanuts

# HEARTY BROWN RICE AND SPLIT PEA SALAD

Serves: 2      Prep. time: 15 min.

## Ingredients

- 1 cup brown rice, cooked and cooled
- 1 cup green split peas, cooked and cooled
- $\frac{1}{3}$  cup red onion, minced
- $\frac{1}{4}$  cup dried cranberries
- 4 cup almonds
- 2 tbsp. extra virgin olive oil
- 2 tsp. sesame oil
- 3 tbsp. white wine vinegar
- 1 tsp. Dijon mustard
- 1 tsp. maple syrup
- 1 tbsp. water
- $\frac{1}{2}$  tsp. dried tarragon (optional)
- Freshly ground black pepper, to taste

## Directions

**STEP 1.** Add the rice, peas, onion, cranberries, nuts, and lettuce to a large bowl.

**STEP 2.** In a small bowl, whisk together the last 7 ingredients until well blended. Pour over the salad mixture and toss to coat.

# UNDONE SUSHI SALAD

Serves: 2      Prep. time: 20 min.

## Ingredients

- 2 cups cooked brown or wild rice
- 1 avocado, halved and sliced
- 1 English cucumber, sliced
- 1 cup edamame, hulled
- ½ cup chopped bell pepper
- 2 tsp low sodium soy sauce
- 2 tsp maple syrup
- 1 tsp sesame oil
- 1 tsp black sesame seeds (to garnish)
- 5-6 pieces of seaweed (optional garnish)

## Directions

**STEP 1.** Combine the rice and edamame and arrange vegetables as desired in 2 large serving bowls.

**STEP 2.** Make the dressing by mixing soy sauce, syrup and sesame oil in a bowl.

**STEP 3.** Pour dressing over salad and garnish with sesame seeds or seaweed if desired.

# WHEAT BERRY TABBOULEH WITH HEMP SEED

Serves: 2      Prep. time: 10 min.

## Ingredients

- 1 cup cooked wheat berries
- 1 cucumber
- 1 cup ripe tomatoes, chopped
- ½ cup fresh parsley, chopped fine
- ½ cup green onion, white and green parts
- 2 tbsp. mint leaf (optional)
- ¼ cup hulled hemp seeds
- Juice of 1 lemon
- 1 tbsp. extra virgin olive oil
- Sea salt and freshly ground pepper to taste

## Directions

**STEP 1.** Combine all ingredients in a large bowl, toss to combine. This salad can be eaten immediately and also keeps well in the fridge for a few days.



A close-up photograph of a fresh vegetable salad in a white bowl. The salad includes various green leafy vegetables, sliced cherry tomatoes, sliced cucumbers, and a large slice of a root vegetable, possibly a radish, showing its characteristic pattern. The background is softly blurred, showing more of the salad and a hand holding a bunch of leafy greens in the upper left corner. The overall lighting is bright and natural, highlighting the freshness of the ingredients.

# **VEGETABLE BASED SALADS**

# ROASTED CARROT AND CHICKPEA SALAD WITH COCONUT ALMOND DRESSING

Serves: 2-3      Prep. time: 30 min.

## Ingredients

- 6-7 large rainbow carrots
- 1 15 ounce can chickpeas, drained and rinsed
- 2 tbsp. extra virgin olive oil
- 1 tsp ground turmeric
- ½ tsp ground ginger
- ½ tsp paprika
- ¼ tsp garlic salt
- ¼ tsp freshly ground black pepper
- ¼ cup almond butter
- 2-3 tbsp. full fat coconut milk
- ¼ tsp sea salt (if using unsalted almond butter)
- ½ cup fresh parsley, roughly chopped
- ¼ tsp crushed red pepper (optional, if you like it spicy)

## Directions

**STEP 1.** Preheat oven to 375 Degrees F. Toss the carrots and chickpeas in the oil, turmeric, ginger, paprika, garlic salt and pepper.

**STEP 2.** Spread onto a thin baking sheet, trying not to let the edges of the chickpeas touch so they can get nice and crispy. Roast for 20-25 minutes or until edges are brown.

**STEP 3.** Meanwhile make the dressing by mixing almond butter and coconut milk (salting lightly if using unsalted almond butter) on the stovetop, or microwave until warm.

**STEP 4.** Once the carrots and chickpeas are roasted, remove from oven, toss with fresh parsley, and pour the warm dressing over the top. Garnish with crushed red pepper if desired for extra heat

# SESAME TOFU AND ASPARAGUS SALAD

Serves: 3      Prep. time: 35 min. more to chill

## Ingredients

- 1 bunch of asparagus, chopped into 1 inch pieces
- ½ yellow onion, sliced thin
- 1-2 red or orange bell peppers
- 14 oz. package tofu, baked \*see instructions on p. 54
- 1 tbsp. toasted sesame seeds
- 1 clove of garlic, crushed
- ¼ cup avocado oil
- ¼ cup apple cider vinegar
- 3 tbsp. low sodium soy sauce
- 1 tbsp. dark sesame oil
- 3 tbsp. pure maple syrup
- 2 tsp dried ginger (or 1 tsp grated fresh ginger)
- ¼ cup peanut butter
- 1 tsp salt Freshly ground pepper to taste

## Directions

**STEP 1.** Steam the asparagus and onion slices until barely tender. Remove from heat and run under cold water as they will continue to cook if left alone.

**STEP 2.** Meanwhile, whisk dressing ingredients; garlic, oil, vinegar, soy sauce, sesame oil, syrup, ginger, peanut butter, salt and pepper together in a large bowl.

**STEP 3.** Chop the peppers into small, bite sized pieces. Add them to the dressing with the tofu and sesame seeds and mix until coated. Once the asparagus and onion have cooled completely, add to the bowl and mix.

**STEP 4.** Serve at room temperature or chill until served. This recipe can be made a few hours ahead so the dressing has time to soak into the tofu.

# LEMON AND HERB POTATO SALAD

Serves: 4      Prep. time: 30 min.

## Ingredients

- 5-6 medium red potatoes
- 1 carrot, diced
- 1 green onion, sliced thin
- 1 stalk celery, sliced thin
- 2 tbsp. fresh parsley, roughly chopped
- 4 tbsp. olive oil
- 1 lemon, juiced
- 1 cup cannellini beans
- 1 tbsp. Dijon mustard Salt and pepper

## Directions

**STEP 1.** Quarter the potatoes and boil in a large pot of water until soft.

**STEP 2.** Add the carrot slices 3-4 minutes before removing from heat to allow them to soften.

**STEP 3.** Drain off water and place in a large bowl. Stir in parsley, onion and celery.

**STEP 4.** Meanwhile, in a blender, puree beans, olive oil, lemon juice, mustard, salt and pepper (add any water if necessary to thin). Pour dressing over the potato mixture to coat. Serve warm or cold.

# CREAMY BROCCOLI SALAD

Serves: 3-4      Prep. time: 30 min.

## Ingredients

- ½ cup raw cashews soaked overnight
- 1 cups water
- 2 tbsp. extra-virgin olive oil
- 2 tbsp. fresh lemon juice
- ¼ cup cauliflower florets, chopped fine
- 1 tbsp. apple cider vinegar
- 1 tbsp. coconut sugar
- 1 tsp yellow mustard
- ½ tsp sea salt
- 2-4 tbsp. water to thin if necessary
- 3 cups broccoli, chopped fine
- 1 cup celery, diced
- 2 green onions, chopped
- ½ cup almonds, slivered and toasted
- ¼ cup raw pumpkin seeds
- ¼ cup golden raisins
- 1 golden apple, chopped fine
- Freshly ground black pepper to taste
- 1 recipe creamy dressing

## Directions

**STEP 1.** Prepare the dressing by pureeing the first 10 ingredients in a food processor until fine.

**STEP 2.** Assemble all other salad ingredients in a large bowl, coat with dressing, and chill until serving.

**STEP 3.** If making more than 4 hours ahead, reserve the nuts and seeds until just about to serve so they don't soften and lose their crunch!

# SOUTHWESTERN SWEET POTATO SALAD

Serves: 2-3      Prep. time: 10 min.

## Ingredients

- 2 sweet potatoes, previously cooked and cooled
- 1 15 oz. can black beans
- 1 cup frozen corn, thawed
- ½ cup tomatoes, chopped
- 1 avocado
- 3-4 cups romaine lettuce, chopped
- ½ cup chopped red or green onions
- 1 large lime, juiced
- 1 garlic clove, minced
- 2 tbsp. avocado oil
- 1 tsp red pepper flakes
- ½ tsp cumin
- ½ tsp sea salt

## Directions

**STEP 1.** Combine the first seven ingredients in a large bowl. Toss to mix.

**STEP 2.** Whisk together the lime juice, garlic, oil, and spices. Pour over the salad mixture and serve.

# PESTO POTATO SALAD

Serves: 4-6     Prep. time: 35 min.

## Ingredients

- 1 lb. small red potatoes, quartered
- 1 tbsp. avocado oil
- Salt and pepper
- 1 cup mushrooms, halved
- ½ cup sundried tomatoes
- ½ cup toasted sunflower seeds
- 2 cups tightly packed fresh basil
- ½ cup walnuts or pine nuts
- 2 cloves garlic, roughly chopped
- 2 tbsp. extra-virgin olive oil
- Sea salt and freshly ground pepper, to taste
- 1 tbsp. lemon juice
- 3 tbsp. nutritional yeast
- Water to thin if necessary

## Directions

**STEP 1.** Preheat the oven to 400 Degrees F. Coat the potatoes in oil, season with salt and pepper. Place on a baking sheet and roast for 15 minutes, place the mushrooms on the baking sheet and return to the oven. Roast another 5-10 minutes or until potatoes are tender.

**STEP 2.** While potatoes are baking, make the pesto by blending the last eight ingredients together in a food processor, thinning with a little water if necessary.

**STEP 3.** Once potatoes are tender, coat with pesto, and top with sundried tomatoes and sunflower seeds.

# RED CABBAGE SLAW

Serves: 2      Prep. time: 15 min.

## Ingredients

- 1/3 head of red cabbage
- 2 large carrots
- 1 apple
- 1/4 cup hulled hemp seeds
- 1/2 cup sunflower seeds, roasted and unsalted
- 1/2 cup water    Juice of half a lemon
- 1 tsp salt
- 2 tsp extra virgin olive oil
- 2 tsp Dijon mustard
- 1 tsp apple cider vinegar
- 1 tbsp. pure maple syrup

## Directions

**STEP 1.** Chop or shred the cabbage, carrots, and apple into bite sized pieces. Place in a large bowl with hemp seeds.

**STEP 2.** Add all other ingredients to a food processor. Blend until smooth and creamy. Taste adjust with seasonings if necessary. Pour over the salad ingredients and toss well to combine. Refrigerate until serving



# CURRIED CAULIFLOWER SALAD

Serves: 2      Prep. time: 35 min.

## Ingredients

- 1/2 cup green lentils, rinsed
- 2 cups vegetable stock
- 1 head of cauliflower, chopped
- 2 tbsp. extra-virgin olive oil
- 1/4 tsp ground cumin
- 1/4 tsp ground cinnamon
- 1/4 tsp ground ginger
- 1/2 tsp turmeric   Red pepper flakes and salt, to taste
- 2 tbsp. tahini
- 1 tsp honey
- 4 dates, pitted and chopped
- 1/4 red onion, chopped fine

## Directions

**STEP 1.** Preheat oven to 425 degrees F.

**STEP 2.** Add the lentils and stock to a small saucepan. Simmer for 30 minutes or until lentils are soft.

**STEP 3.** Add the cauliflower, olive oil and spices to a baking sheet. Toss to coat the cauliflower and bake for 15 min.

**STEP 4.** Meanwhile, whisk together the dressing by combining tahini and honey in a small bowl. Thin with water if necessary to get a more dressing-like consistency.

**STEP 5.** In a large bowl, combine cooked cauliflower and lentils, dates, red onion, and toss with dressing. Serve warm or refrigerate and serve cold.

# SWEETS AND BEETS SALAD WITH ALMOND DRESSING

Serves: 2-3 Prep. time: 15 min. 1 hour inactive time

## Ingredients

- 2 sweet potatoes, chopped into bite sized pieces
- 1 large beet, chopped into bite sized pieces
- 1-2 tbsp. avocado oil
- ½ tsp cinnamon
- Salt and pepper to taste
- 1 granny smith apple, chopped
- 1 cup chickpeas
- 1 cup spinach (optional)
- ¼ cup toasted almonds
- 3 tbsp. almond butter
- 1 tbsp. pure maple syrup
- 1 tbsp. extra virgin olive oil
- 1 tbsp. apple cider vinegar
- ½ tsp salt
- ½ tsp freshly ground pepper

## Directions

**STEP 1.** Preheat oven to 425 Degrees F. Assemble chopped potatoes and beet on a baking sheet. Drizzle with avocado oil. Season with salt, pepper and cinnamon. Bake for 20-25 minutes or until soft and edges are caramelized.

**STEP 2.** Assemble apple, almonds, and chickpeas in a large bowl. Once potatoes and beets are done roasting add those as well.

**STEP 3.** To make the dressing whisk last 6 ingredients until well blended and pour over salad. Do not over-mix as beets will stain other ingredients pink. Serve over a bed of spinach if desired.

# PEAS AND BASIL "PANZANELLA" SALAD

Serves: 3-4    Prep. time: 30 min.

## Ingredients

- 4 cups prepared polenta (or make your own with recipe below) cut into cubes
- 1 bunch asparagus
- 2 tbsp. avocado oil
- 2 tbsp. fresh lemon juice
- 2 tbsp. olive oil
- 1 tbsp. red wine vinegar
- 1 garlic clove, minced
- ¼ tsp ground mustard seed
- 12 cups fresh or frozen peas
- 2 medium stalks celery, sliced thin
- 1-2 cups loosely packed basil leaves
- Sea salt and freshly ground black pepper
- ½ cup salted pistachios, chopped

## Directions

**STEP 1.** Preheat oven to 425 Degrees F. On two baking sheets spread the avocado oil, polenta squares and asparagus pieces. Roast in the oven for 20 minutes or until edges begin to brown.

**STEP 2.** Prepare dressing by combining lemon juice, vinegar, oil, garlic, and mustard in a small bowl.

**STEP 3.** In a large bowl combine the peas, celery, basil and pistachios.

**STEP 4.** Once the polenta and asparagus are done baking, remove from the oven, let cool slightly, then add to the salad mixture.

**STEP 5.** Drizzle with dressing and toss lightly to coat. Garnishing with extra basil if desired.

# HOMEMADE POLENTA

## Ingredients

- 1 cup polenta
- 4 cups water
- 1 tsp sea salt
- ½ tbsp. olive oil

## Directions

**STEP 1** Grease a 13x9 baking dish. Bring the water and salt to a boil on high heat, slowly whisk in the polenta and reduce to a simmer. Cook for 20-25 minutes, stirring every 5 minutes to break apart any clumps. Once thickened, add olive oil and transfer to the baking dish and refrigerate for 3 hours or overnight. \*Baked Tofu 1. Preheat oven to 400 degrees F and begin drying out your tofu. Remove it from the package and place between two thick towels. Stack heavy plates, books, or bowls on top to completely press the liquid out.

**STEP 2.** Let it dry for about 15 minutes, changing your towels if they are too soggy. Once dry, slice into bite sized pieces.

**STEP 3.** Arrange tofu on a lightly greased or parchment-lined baking sheet to prevent sticking and bake for a total of 25-35 minutes, flipping once halfway through to ensure even cooking, If you want a tougher texture, cook it for 30-35. Once golden brown and a bit tough and firm, remove from the oven and add to your recipe!

A close-up photograph of a fresh green salad in a white bowl. The salad includes various green leafy vegetables, sliced cucumbers, a halved avocado, and a slice of radish. The text 'GREEN SALADS' is overlaid in the center in a bold, white, sans-serif font.

# GREEN SALADS

# GARLIC BEET GREEN SALAD

Serves: 2      Prep. time: 25 min.

## Ingredients

- 3 stalks of beet plant, chopped
- 1 clove of garlic
- 4 tsp olive oil
- Leaves of 3-4 beet plants, sliced thin
- Salt to taste
- 4 cups romaine lettuce
- 1 avocado
- ½ cup sunflower seeds
- ½ cup sliced radishes
- 1 cup chopped bell pepper
- 1 tbsp. apple cider vinegar

## Directions

**STEP 1.** Sauté the beet stalk with the garlic in the olive oil until tender.

**STEP 2.** Add the beet greens and season with a little salt. Cook lightly stirring occasionally so the leaves soften at the same rate.

**STEP 3.** Mix all other ingredients into a bowl, and add the warm beet leaves in when ready. Toss to coat with the garlic, vinegar and oil and serve immediately.

# BALSAMIC ARUGULA SALAD WITH STUFFED MUSHROOMS AND SUNDRIED TOMATOES

Serves: 2     Prep. time: 30 min.

## Ingredients

- 4 large cremini mushrooms
- ¼ cup walnuts
- ½ cup Italian seasoned breadcrumbs
- ¼ tsp salt
- 1 green onion chopped
- 4 cups baby arugula
- 1 cup lentil sprouts
- ½ cup sundried tomatoes
- 2 tbsp. olive oil
- 1 tsp Dijon mustard
- 1 tsp balsamic vinegar
- 1 tsp coconut sugar
- Sea salt & pepper to taste

## Directions

**STEP 1.** Preheat oven to 400. Wash and remove the stems from the mushrooms. Set aside.

**STEP 2.** Make the stuffing by combining walnuts, breadcrumbs, salt, and onion in a food processor.

**STEP 3,** Stuff each mushroom with a large amount of the stuffing. Place in the oven and bake for 15-20 minutes or until tops begin to brown and mushrooms are tender.

**STEP 4.** Prepare the dressing by combining the last 5 ingredients in a large bowl. Whisk together then add the sprouts and arugula. Toss to coat with the dressing and place into individual serving dishes.

**STEP 5.** Top with mushrooms and serve immediately

# KALE AND SWEET POTATO SALAD

Serves: 2-3    Prep. time: 45 min.

## Ingredients

- 1 ½ tbsp. melted coconut oil, divided
- 1 large sweet potato, peeled and chopped into small cubes
- 1 large bunch of kale
- 15 oz. can black beans, rinsed and drained
- ½ cup finely chopped red cabbage
- ⅓ cup chopped jicama sticks
- ⅓ cup raw pumpkin seeds
- ¼ cup chopped cilantro
- 1 large avocado, diced
- 2 tbsp. olive oil
- ¼ cup fresh lime juice
- ¼ cup finely chopped cilantro
- 1 clove garlic, minced
- 1 tsp coconut sugar
- Salt and black pepper, to taste

## Directions

**STEP 1.** Preheat oven to 400 degrees F. Layer cubed sweet potato on a baking sheet. Drizzle with 1 tbsp. olive oil and season with salt and black pepper. Roast in the oven for 25-30 minutes or until tender.

**STEP 2.** Meanwhile, in a large bowl combine kale, sea salt, and remaining 1/2 tbsp. Coconut oil. Massage the leaves with your hands for about 5 minutes or until leaves become a vibrant green and kale is silky smooth.

**STEP 3.** To prepare dressing simply whisk the olive oil, lime juice, cilantro, sugar, and garlic in a small bowl. Once the sweet potato is cooked, add to the salad. Serve immediately.

**STEP 4.** Add the beans, cabbage, jicama, seeds, cilantro to the kale and top with dressing.



# SIMPLE GREEK SALAD

Serves: 2     Prep. time: 10 min.

## Ingredients

- 2-3 cups chopped romaine lettuce
- ½ tomato, chopped
- ½ cucumber, sliced
- 2 tbsp. chopped purple onion
- ¼ cup Kalamata, or other olive variety
- ¼ cup pepperoncini peppers (optional)
- 1 ½ cups cooked cannellini beans
- 1 tbsp. extra virgin olive oil
- 1 tbsp. red wine vinegar
- 1 garlic clove, minced
- ½ tsp dried basil
- ¼ tsp dried oregano
- ¼ tsp. onion powder
- 1 tsp Dijon mustard

## Directions

**STEP 1.** Combine last seven ingredients by whisking together in a large bowl.

**STEP 2.** Add romaine lettuce toss to coat. Top with remaining salad ingredients and serve.

# GREEN APPLE SALAD WITH TART BEET

## DRESSING

Serves: 2      Prep. time: 15 min.

### Ingredients

- 4 cups spring greens mix
- 1 apple, sliced
- 2 carrots, shredded or peeled thin
- ¼ cup raw almonds
- ¼ cup raw pistachios
- 1 cooked beet, chopped
- 1 tbsp. Apple Cider Vinegar
- 1 tbsp. olive oil
- ½ tsp sea salt
- 3-4 tbsp. Water

### Directions

**STEP 1.** Layer springs mix, apple, and carrots in two serving bowls.

**STEP 2.** To make dressing, blend last 5 ingredients in a blender or food processor on high, adding more water if necessary to thin.

**STEP 3.** Pour dressing over salads and top with the pistachios and almonds. Serve immediately.

# VEGAN CHOPPED SALAD

Serves: 2

Prep. time: 10 min.

## Ingredients

- 1 head of butter lettuce, chopped
- 1 cup cherry tomatoes, chopped
- ½ cup yellow bell pepper, chopped
- 1 cup sugar snap peas
- ½ cup cucumber, sliced thin
- 1 cup broccoli, raw or lightly roasted
- 15 oz. can kidney beans, drained and rinsed
- ¼ cup sunflower seeds
- 2 tbsp. vegan ranch dressing

## Directions

**STEP 1.** Assemble salad by layering all vegetables, topping with beans, seeds and a light drizzle of dressing.

# VEGAN "BLT" SALAD WITH CREAMY CASHEW DRESSING

Serves: 2-3    Prep. time: 30 min. 2 hour inactive time

## Ingredients

- 4 oz. block of extra firm tofu, thinly sliced
- 2 tsp smoked paprika
- 1 tsp garlic powder
- 2 tbsp. soy sauce, reduced sodium
- 2 cups butter lettuce
- 2 cups spinach
- 1 cup cherry tomatoes, sliced
- 1 cucumber, sliced
- 1 avocado, diced
- ½ cup cashews
- ¾ cup water
- ¼ cup nutritional yeast flakes
- Sea salt to taste

# VEGAN "BLT" SALAD WITH CREAMY CASHEW DRESSING

## Directions

**STEP 1.** In a small bowl combine the tofu slices with the paprika, garlic powder, soy sauce. Refrigerate and allow to marinate for at least 2 hours.

**STEP 2** Place cashews in 2 cups of water to soak for 2 hours.

**STEP 3.** Once soaked, blend with a cup water, nutritional yeast, and sea salt in a high powered blender for 5 minutes, adding more water to thin if necessary. Refrigerate until it's time to use.

**STEP 4.** When ready, preheat a pan over medium-high heat. Add the tofu to the pan, in a single layer, and cook for 8 minutes. Turn each slice over and cook an additional 1-2 minutes. Set aside for a few minutes to allow it to cool a little and become slightly crispy.

**STEP 5.** Dress greens, tomatoes, and cucumber with creamy cashew dressing. Top with avocado slices and tofu just before serving.

# PISTACHIO CITRUS SALAD

Serves: 2     Prep. time: 15 min.

## Ingredients

- 4 cups mixed spring greens
- 2 tbsp. orange juice
- 3 tbsp. aged balsamic vinegar
- 1 cup sprouted lentils
- 1 avocado, sliced
- 1 clementine or small tangerine, peeled and separated
- ½ cup pistachios
- ¼ cup dried cranberries
- Salt and pepper to taste

## Directions

**STEP 1.** Assemble the salad by tossing the greens with the balsamic vinegar and orange juice.

**STEP 2.** Top with sprouted lentils, avocado, clementine, pistachios, and cranberries. Toss lightly to combine.

**STEP 3.** Season with salt and pepper and serve immediately.

# SPRING SALAD WITH ASPARAGUS AND VEGAN FETA

Serves: 2      Prep. time: 30 min.

## Ingredients

- 1 bunch asparagus, washed and sliced in half lengthwise
- ½ tbsp. olive oil
- Salt and pepper to taste
- ½ cup radishes, sliced thin
- 1 cup snow peas
- 2 small zucchinis shaved into ribbons with a vegetable peeler
- 4 cups red leaf lettuce, washed and chopped
- ¼ cup pine nuts
- 4 oz. vegan feta (purchase or make your own, see recipe on Italian pasta salad)
- Zest from one lemon

## Dressing

- 2 tbsp. fresh lemon juice
- 1 tbsp. olive oil

## Directions

**STEP 1.** Heat oven to 350F. Toss the asparagus in the 1/2 tbsp. olive oil, salt, and pepper. Roast until barely tender.

**STEP 2.** In a large bowl prepare salad ingredients and toss with dressing. Top with warm asparagus and serve immediately.

# KALE WINTER SALAD

Serves: 2     Prep. time: 20 min.

## Ingredients

- 1 bunch kale
- 1 lemon, juiced
- 1 tbsp. olive oil
- ½ cup radishes, sliced thin
- 1 persimmon, chopped
- 1 shredded or spiralized carrot
- 1 cup shredded red cabbage
- ½ cup black soy beans
- ½ cup toasted coconut
- ½ cup pine nuts
- 1 orange
- 1 clove of garlic
- ½ tbsp. apple cider vinegar
- 1 tbsp. maple syrup
- Dash of olive oil
- Pinch of salt

## Directions

**STEP 1.** Tear the kale leaves from the stem, wash and spend about 2-3 minutes massaging the leaves with the oil and lemon juice. The leaves will become tender and turn a vibrant green.

**STEP 2.** Add the radishes, persimmon, carrot, cabbage to the bowl of kale and toss to combine.

**STEP 3.** To prepare dressing simply blend last 6 ingredients together in a blender or food processor until smooth.

**STEP 4.** Pour dressing over kale salad and top with toasted coconut and pine nuts.





# PASTA SALADS

# PINE NUT PASTA SALAD

Serves: 3     Prep. time: 20 min.

## Ingredients

- 3 oz. legume based pasta
- ½ red onion, finely chopped
- 2 medium carrots, cut into small dice
- ½ cup celery, cut into small dice
- 1 cup mushrooms, chopped
- 4 plum tomatoes, diced
- ½ cup pine nuts, toasted
- 3 cloves of garlic, minced
- 3 tbsp. extra virgin olive oil
- 1 tsp oregano flakes
- 2 tsp cumin, ground
- 1 tsp cinnamon, ground
- ½ cup parsley, finely chopped
- 1 tsp smoked paprika
- Fresh ground black pepper and salt to taste

## Directions

**STEP 1.** Cook legume pasta according to package directions. Run under cold water to cool.

**STEP 2.** Combine all chopped vegetables, nuts, and garlic in a large bowl. Add the pasta once cooled off.

**STEP 3.** Meanwhile mix the last 7 ingredients in a small bowl and pour over pasta mixture. Toss to coat and enjoy. This pasta tastes great made a few hours ahead so the flavors can blend.

# ZUCCHINI NOODLE SUMMER SALAD

Serves: 2    Prep. time: 20 min.

## Ingredients

- 2 tbsp. olive oil
- 2 tbsp. red wine vinegar
- 2 cloves garlic, crushed
- Salt and black pepper, to taste
- 2 large zucchini, spiralized (or sliced thin with a vegetable peeler)
- 1 cup green split peas, cooked and cooled
- 1 cup grape tomatoes, halved
- ½ cup fresh basil, chopped
- Kosher salt and freshly ground black pepper, to taste

## Directions

**STEP 1.** Make the dressing. In a small bowl, whisk together the olive oil, vinegar, garlic, salt, and pepper. Set aside.

**STEP 2.** Combine zucchini noodles, lentils, tomatoes, seeds, and basil. Top with dressing and toss to combine. Serve immediately.

# SESAME DAIKON NOODLE SALAD

Serves: 3    Prep. time: 10min.

## Ingredients

- 1 daikon radish, spiralized into noodles
- ½ yellow bell pepper, sliced
- ½ cup radishes, sliced thin
- 1 cup edamame
- 2 tsp sesame seeds
- 2 tsp sesame oil
- 1 tsp dried ginger (or use ½ tbsp. fresh)
- 1 garlic clove, crushed
- ½ cup peanut butter
- 2 tbsp. Soy Sauce
- ½ lime juiced
- Red pepper flakes to taste
- 1 tsp maple syrup
- Hot water to thin

## Directions

**STEP 1.** Layer "noodles," edamame, bell pepper, and radishes in two serving bowls.

**STEP 2.** Prepare the dressing by whisking the last 8 ingredients together in a small bowl. Mix until smooth and creamy and oil is fully incorporated into the dressing.

**STEP 3.** Drizzle each salad with dressing and top with the sesame seeds.

# CHIPOTLE PEPPER AND SWEET POTATO NOODLE SALAD

Serves: 2    Prep. time: 15 min.

## Ingredients

- 1 large sweet potato, peeled and spiralized into noodles
- 1 tbsp. avocado oil
- 1 cup black beans
- ½ cup green onions, chopped
- 2 cups spinach
- ½ cup raw pumpkin seeds
- 1 tbsp. extra virgin olive oil
- 1 clove of garlic
- 2 chipotle peppers, canned in adobo sauce
- 1 tsp pure maple syrup or coconut sugar
- 1 orange, juiced
- Sea salt to taste

## Directions

**STEP 1.** Heat avocado oil in a skillet over medium heat. Add the sweet potato noodles and cook until tender, about 2-4 minutes, tossing occasionally to ensure even cooking. Remove from pan and add to a large bowl.

**STEP 2.** Add the beans, onion, spinach, and pumpkin seeds to the bowl and toss to combine.

**STEP 3.** Pulse the last 6 ingredients in a food processor until smooth. Taste and adjust to your liking if necessary. Pour over salad ingredients and serve.

# DILLY PESTO PASTA SALAD

Serves: 2     Prep. time: 35 min.

## Ingredients

- 1 cup 100% whole grain penne pasta, uncooked
- 4 cups water
- 1 cup green beans, washed and ends removed
- ½ lb. asparagus
- 2 carrots, peeled into ribbons
- 2 cups arugula
- 1 garlic clove
- ¼ cup olive oil
- ⅓ cup roasted sunflower seeds
- 1 lemon, juice and zest
- 1 tsp dried dill weed
- 1 tbsp. nutritional yeast
- Salt and pepper to taste
- Roasted sunflower seeds (optional)

## Directions

**STEP 1.** Heat water to a boil and add pasta. Cook according to package directions, when 4 minutes remain, add the green beans and asparagus to cook briefly.

**STEP 2.** Drain and set aside. In a large bowl, combine pasta, beans, asparagus, carrot and arugula.

# SPICY RICE NOODLE SALAD

Serves: 2     Prep. time: 20 min.

## Ingredients

- 6 oz. package of thin rice noodles
- 5 large radishes
- 1 sweet bell pepper, chopped
- ½ cup red cabbage, chopped thin
- 2 small spring onions, sliced thinly (both green and white parts)
- 1 cup edamame
- ¼ cup salted, roasted peanuts, chopped
- 1 tbsp. maple syrup
- 1 tbsp. toasted sesame oil
- 2-4 tbsp. freshly squeezed lime juice
- Salt to taste
- 1-2 tsp Sriracha, more to garnish

## Directions

**STEP 1.** Prepare rice noodles according to package directions (usually involves soaking in water for 10-15 minutes). Once ready add to a bowl with vegetables and edamame.

**STEP 2.** In a separate bowl, mix all the dressing ingredients together, taste and adjust spiciness to your liking.

**STEP 3.** Pour over rice noodle salad, stir to coat, and top with chopped peanuts once ready to serve.

# GREEN GODDESS PASTA SALAD

Serves: 2-3     Prep. time: 15 min.

## Ingredients

- 4 oz. protein plus noodles, or other high protein noodle variety
- 1 cup chopped kale
- 1 clove crushed garlic
- 2 tbsp. lemon juice
- 1 cup peas, thawed if frozen
- ½ cup chopped basil
- 2 tbsp. olive oil
- 1 tbsp. nutritional yeast flakes
- Sea salt and freshly cracked pepper to taste

## Directions

Cook noodles according to package directions, rinse with cold water and set aside. Meanwhile massage the chopped kale with the lemon juice and garlic until leaves are shiny, soft, and vibrant green. Toss the kale with the noodles, add the peas, basil olive oil, yeast flakes, salt and pepper. This salad is great made ahead of time and refrigerated a few hours so flavors can fully combine.



# RAINBOW PASTA SALAD

Serves: 3-4    Prep. time: 35 min.

## Ingredients

- 1 box legume-based pasta
- 1 bunch asparagus, cut into inch long pieces
- 1-2 tbsp. extra-virgin olive oil
- 1 bunch radishes, washed and sliced thin
- 1 yellow bell pepper
- 1 orange bell pepper
- 1 cup grape tomatoes
- 1 cup frozen peas
- 1 cup sunflower seed sprouts
- ½ cup extra virgin olive oil
- ½ cup red wine vinegar
- 1 tsp sea salt
- 1 tsp freshly crushed black pepper

## Directions

**STEP 1.** Preheat oven to 400 Degrees F. Toss the asparagus in olive oil and spread onto a baking sheet.

**STEP 2.** Roast in the oven until barely tender and bright green, be careful not to overcook!

**STEP 3.** Meanwhile cook pasta according to package directions. Drain and chill.

**STEP 4.** Once cooled, add all other ingredients, serve immediately.

# ITALIAN PASTA SALAD

Serves: 4      Prep. time: 20 min.

## Ingredients

- 4 oz. legume based, high protein pasta
- 6 oz. artichoke hearts in olive oil
- 1 green bell pepper, chopped
- 1 red or yellow bell pepper, chopped
- ½ small red onion, sliced thin
- ½ cup basil leaves
- 1 tsp dried oregano
- ¼ cup olive oil
- 1 cup tofu feta
- ¼ cup red wine vinegar
- Salt and pepper to taste

## Directions

**STEP 1** Cook the pasta according to package directions. Drain and rinse with cold water to cool the pasta. Drain and place in a large bowl. Meanwhile add the rest of the vegetables to the bowl and toss with the oregano, oil and vinegar.

**STEP 2** Top with vegan feta and season with salt and pepper.

# HOMEMADE VEGAN TOFU FETA CHEESE

Serves: 2-4    Total Time: 15 minutes

## Ingredients

- 10 oz. firm tofu
- ¼ cup lemon juice
- ½ cup water
- ½ cup apple cider vinegar
- 1 tbsp. oregano (can leave out if you like)
- 1 pinch of sea salt

## Directions

**STEP 1:** Remove tofu from package and press between two clean dishcloths to remove all the excess liquid. .

**STEP 2:** Cut the tofu into cubes and place them in a container that has a tight-fitting lid. Add the lemon juice, apple cider vinegar, water and oregano stir to combine and cover with the lid. Place in the fridge for at least 2 hours, or wait for up to two days for the best flavor!

# ASIAN SOBA NOODLE SALAD

Serves: 2-3    Prep. time: 20 min.

## Ingredients

- 4 oz. soba noodles, uncooked
- 1 bunch green onions, sliced
- 1 cup chopped cilantro
- ¼ head of red cabbage, thinly sliced
- 3 purple carrots, shredded
- 1 cups shelled edamame
- ½ cup reduced sodium soy sauce
- 1 tbsp. sesame oil
- 1 tbsp. avocado oil
- 2 tbsp. rice vinegar
- ½ tsp red pepper flakes
- 2 tsp coconut sugar
- ½ cup toasted sesame seeds
- 1 lime, cut into sections (optional garnish)

## Directions

**STEP 1.** Cook soba noodles according to package directions, rinse with cold water. Place in a large bowl with the chopped vegetables.

**STEP 2.** In a smaller bowl, whisk together the soy sauce, oils, vinegar, sugar and red pepper flakes. Pour over the noodle mixture, toss to coat.

**STEP 3.** Garnish with sesame seeds and lime wedges.

**Thank  
you!**