

Plant-powered

You can do anything for a day – even go vegan! Bring a little newness to your routine and experiment with eating purely plant-based plates for an invigorating 24 hours.

RECIPE PHOTOGRAPHY
BY ELLEN CHARLOTTE MARIE

Clean Eating readers are all about balance when it comes to eating, which is why it's no surprise that more than half of you consider yourselves plant-focused flexitarians. Lately, your requests for more plant-based recipes have been flooding in, so we're answering with this new column full of meatless meal inspiration that allows you to throw a vegetarian or vegan day into your weekly mix.

So why eat more plants? Well, for one, you'll save money. Eating more vegetables, grains and fruits – even just once or twice a week – could wind up saving a thousand dollars or more per year. Another plant perk is that your dinner plate will be full of color. Disease-fighting phytochemicals give fruits and veggies their rich, varied hues. Carotenoids and anthocyanins are two of the main phytochemical classes. All rich yellow and orange fruits and vegetables – carrots, oranges, sweet potatoes, mangoes, pumpkins, butternut squash – owe their color to carotenoids. Although leafy green vegetables contain the carotenoid lutein, they get their green pigment from chlorophyll. Red, blue and purple fruits and vegetables – such as plums and berries – get their color from anthocyanins.

Cooking by color is a wonderful way to ensure you're eating a variety of naturally occurring substances that boost immunity and protect against a range of illnesses. Enjoy this daily dose of vibrant, cost-effective meals and we'll see you next month for more.

RECIPES BY STACY ADIMANDO AND JULIE MORRIS. LEAD 464745035/SHUTTERSTOCK.COM

BREAKFAST



Make-Ahead Coconut Oatmeal Bake with Blueberries & Almonds

SERVES 8. HANDS-ON TIME: 15 MINUTES. TOTAL TIME: 40 MINUTES.

- 1 large** egg
- 2 cups** full-fat coconut milk
- 6 tbsp** coconut sugar, divided
- ½ tsp** pure vanilla extract
- ½ tsp** ground cinnamon
- ¼ tsp** sea salt
- 3 cups** old-fashioned rolled oats
 - 1** heaping cup fresh blueberries, divided
- 6 tbsp** sliced unsalted almonds, divided
- coconut or full-fat Greek yogurt, optional

- Preheat oven to 375°F. Mist an 8-inch-square baking dish with cooking spray.
- In a medium bowl, beat egg until lightly frothy. Whisk in coconut milk, ¼ cup coconut sugar, vanilla, cinnamon and salt. Stir in oats, all but 2 tbsp blueberries, and 5 tbsp almonds. Spread oatmeal mixture in prepared baking dish, and sprinkle with remaining 2 tbsp each coconut sugar and blueberries and 1 tbsp almonds. Bake for 25 to 30 minutes, until lightly golden on top and cooked throughout.

- Serve warm or at room temperature with yogurt (if using). Cover and refrigerate for up to four days; reheat or bring to room temperature before serving.

PER SERVING (⅛ of recipe): Calories: 312, Total Fat: 17 g, Sat. Fat: 11 g, Monounsaturated Fat: 3 g, Polyunsaturated Fat: 2 g, Carbs: 37 g, Fiber: 4 g, Sugars: 14 g, Protein: 7 g, Sodium: 81 mg, Cholesterol: 23 mg

Spiced Tempeh Tacos
with Creamy Cashew Sauce

SERVES 4.
HANDS-ON TIME: 25 MINUTES.
TOTAL TIME: 25 MINUTES.

CASHEW SAUCE

- ½ cup raw unsalted cashews
- ⅓ cup fresh lime juice
- 1½ tsp ancho chile powder
- ½ tsp garlic powder
- Pinch each sea salt and ground black pepper, or to taste

TACOS

- 2 tbsp coconut oil
- 1 yellow onion, thinly sliced
- 1 tsp chile powder
- ½ tsp each ground cumin and sea salt
- ⅓ tsp ground black pepper
- 1 8-oz pkg organic tempeh, cubed
- 8 5-inch corn tortillas, warmed
- optional garnishes: red cabbage, avocado, pico de gallo, lime wedges, hot sauce

- 1. Prepare sauce: In a blender, purée all sauce ingredients and 5 tbsp water until smooth.
- 2. In a large skillet on medium-high, heat oil. Add onion, and cook for 3 to 4 minutes. Add chile powder, cumin, salt and pepper and cook, stirring for 30 seconds, until fragrant. Add tempeh and cook 3 to 4 minutes, until golden, stirring frequently. Divide tempeh mixture among tortillas, top with cashew sauce and optional garnishes of your choice.

PER SERVING (2 tacos): Calories: 341, Total Fat: 20 g, Sat. Fat: 8 g, Monounsaturated Fat: 6 g, Polyunsaturated Fat: 4 g, Carbs: 29 g, Fiber: 4 g, Sugars: 4 g, Protein: 17 g, Sodium: 331 mg, Cholesterol: 0 mg



Gluten-Free
Cauliflower Pizza Crust

MAKES 1 9-INCH CRUST.
HANDS-ON TIME: 20 MINUTES.
TOTAL TIME: 1 HOUR.

- 3 cups coarsely chopped cauliflower (about 1 medium head)
- 1 tbsp olive oil
- ¼ tsp sea salt
- ⅓ tsp ground black pepper
- ¼ cup ground flaxseed meal
- ¼ cup brown rice flour
- ¼ cup arrowroot flour
- 2 tbsp nutritional yeast
- ¾ tsp garlic powder
- 2 tbsp tahini paste

- 1. Preheat oven to 400°F. Line a large baking sheet with parchment paper.
- 2. In a food processor, pulse cauliflower until cut into very small, rice-sized bits. Transfer to a large bowl, and toss with oil, salt and pepper. Spread cauliflower on prepared baking sheet and roast 20 minutes, tossing halfway through and smoothing back out on baking sheet.
- 3. In large bowl, combine flaxseed meal, rice flour, arrowroot, yeast and garlic powder. Add cooked cauliflower and toss to combine. In a small bowl, whisk together tahini and 2 tbsp water. Add tahini mixture to cauliflower, then knead by hand to fully incorporate. Shape into a compact ball.
- 4. Turn baking sheet facedown. Lay parchment paper on back side, and mist with cooking spray. Place dough ball in center of sheet, and lay second piece of parchment on top. Press to slightly flatten, and use



- a rolling pin to smooth out into a 9-inch circle. Peel away top layer of parchment (reserve for next step), and use your fingers to smooth and round dough edges. Bake 18 to 20 minutes, or until edges are slightly browned and crispy.
- 5. Remove pizza crust from oven, and cover with reserved parchment. Place a second baking sheet on top, right side up. Sandwich the crust between baking sheets, flip

everything over, and remove hot baking sheet and top parchment. Top crust with desired toppings – here we’ve added pesto, zucchini, red onion, mushrooms and pine nuts – and bake 5 minutes more, or until toppings are hot and bubbly. Cut into 8 slices.

PER SERVING (2 slices): Calories: 213, Total Fat: 11 g, Sat. Fat: 1 g, Monounsaturated Fat: 5 g, Polyunsaturated Fat: 4 g, Carbs: 24 g, Fiber: 6 g, Sugars: 2 g, Protein: 7 g, Sodium: 151 mg, Cholesterol: 0 mg