

- **Freezable**
- **Quick**  
Under 45 minutes.
- **Vegetarian**  
May contain eggs and dairy.
- **Gluten-free**
- **Make it gluten-free**  
Recipe contains soy sauce, miso, Worcestershire sauce and/or tamari. All of these ingredients are available in gluten-free and regular varieties.
- ✗ **No fridge needed**  
Can be stored in a resealable container in a cool, dark place.

# Your *CE* Recipe Guide

Keep your health goals on track with these flavorful, make-ahead meals.



## BREAKFAST | GRAINS, NUTS & SEEDS



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P. 16



● ● ✗  
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& Strawberry  
"Jam" Granola  
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● ● ●  
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with Coconut &  
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Savory Breakfast  
Quick Bread  
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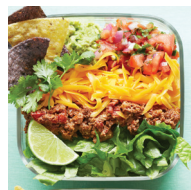
● ● ●  
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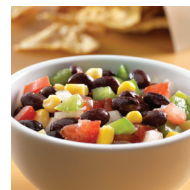
● ● ● ● ●  
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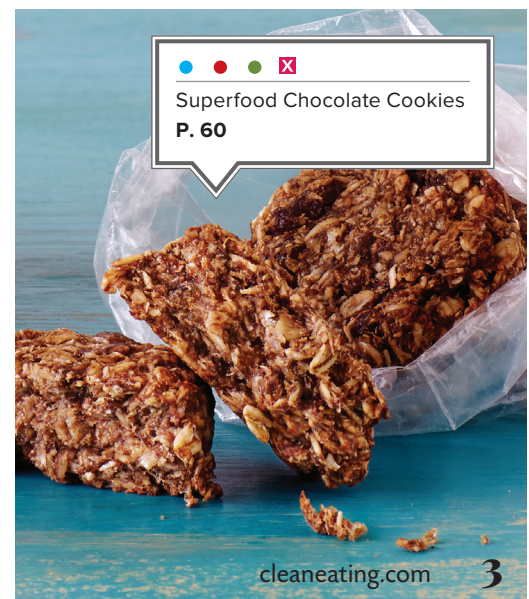
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Photographer: **Brandon Barré**  
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*nutritional values* The  
nutritional values  
used throughout  
*Clean Eating* are  
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use of The Food  
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provided by food  
manufacturers or  
found in the USDA  
National Nutrient  
Database.







# Eat Clean Everywhere You Go!

We receive a consistent stream of emails from *Clean Eating* readers requesting more portable meals that they can stash in their purse or bag and take with them on the road, to work or to school, and surprisingly, we hear from quite a few night shift workers at a loss for how to stick to a healthy diet while burning the midnight oil.

Prepare to rejoice, busy clean eaters, because your wishes have been answered! This gorgeous collector's issue packs in 90 take-anywhere meals that include energizing power breakfasts, portable sweet and savory snacks, hunger helpers that don't require a fridge (aka miracle meals!), soups, stews, grain bowls, salads, pastas, tacos, eggs, parfaits, smoothies, wraps and more. With this wonderfully varied compilation of recipes, I promise you'll want for nothing, and as an added bonus, you'll benefit from balanced blood sugar and an even-keel (read: no hangry), pleasant mood all day.

As added motivation to help get you excited about cooking up a big batch of these convenient meals, we've sourced the best eco-friendly storage containers to stash all your tasty clean eats in. Skip over to page 10 for our team's favorite green make-and-take gear. So, what are you waiting for? Start flagging recipes to fill your fridge and freezer with now!

**Psst:** If this type of meal prep is your jam, then you'll love our 7-week online cooking class **Batch Cooking 101: Cook Once and Eat Clean All Week**, where we'll teach you how to master the art of meal planning and make an entire week's worth of clean meals in just 1 day. Learn more at [cleaneating.com/batchcooking](http://cleaneating.com/batchcooking).



**Batch Cooking 101's** LA-based holistic health counselor & cooking instructor, Pamela Salzman.

*Alicia*

Alicia Tyler  
Editorial Director

Write to us! We're listening.  
[CEeditorial@aimmedia.com](mailto:CEeditorial@aimmedia.com)

## What Is Clean Eating?

The soul of clean eating is consuming food the way nature delivered it, or as close to it as possible. It is not a diet; it's a lifestyle approach to food and its preparation. It's about eating real food, for a healthy, happy life.

**Eat five to six times a day – three meals and two to three small snacks.**

Include a lean protein, plenty of fresh fruit and vegetables, and a complex carbohydrate with each meal. This keeps your body energized and burning calories efficiently all day long.

**Choose organic whenever possible.**

If your budget limits you, make meat, eggs, dairy and the Dirty Dozen ([ewg.org/foodnews](http://ewg.org/foodnews)) your organic priorities.

**Drink at least 2 liters of water a day, preferably from a reusable canteen, not plastic; we're friends of the environment here!** Limit your alcohol intake to one glass of antioxidant-rich red wine a day.

**Get label savvy.** Clean foods contain short ingredient lists. Any product with a long ingredient list is human-made and not considered clean.

**Avoid processed and refined foods such as white flour, sugar, bread and pasta.** Enjoy complex carbs such as whole grains instead.

**Know thy enemies.** Steer clear of trans fats, fried foods or foods high in sugar. Avoid preservatives, color additives and toxic binders, stabilizers, emulsifiers and fat replacers.

**Consume healthy fats (essential fatty acids, or EFAs) every day.**

**Learn about portion sizes and work toward eating within them.**

**Reduce your carbon footprint.** Eat produce that is seasonal and local. It is less taxing on your wallet and the environment.

**Shop with a conscience.** Consume humanely raised, local meats and ocean-friendly seafood. Visit [seachoice.org](http://seachoice.org) for a printable pamphlet.

**Practice mindful eating.** Never rush through a meal. Food tastes best when savored. Enjoy every bite.

**Take it to go.** Pack a cooler for work or outings so you always have clean eats on the go.

**Clean Eating**  
[cleaneating.com](http://cleaneating.com)



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- ✔ An e-cookbook filled with recipes for clean meals & snacks
- ✔ Weekly exercise guides for the home or gym
- ✔ The chance for your success story to be featured in the March 2018 issue of *Clean Eating*
- ✔ Access to a private Facebook group for community support

Join the challenge at [cleaneating.com/goclean45](http://cleaneating.com/goclean45).  
Deadline to join is November 14, 2017.

## #GOCLEAN45

Clean Eating

  
simply  
Organic





# Clean Eating

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# Take It to Go!

With a little bit of prep, you can keep your meals healthy even when you're out of the house. Find everything you need for taking your clean eats to go.

BY LAURA SCHOBER



## COMPACT CUTLERY

Joseph Joseph's GoEat Cutlery Set is ideal for the office, camping or outdoor barbecue. For storage, all three stainless steel utensils nestle snugly into the spoon-shaped silicone case. \$12, [josephjoseph.com](http://josephjoseph.com) for where to buy



## BEAUTIFUL BENTOS

These chic 4-Layer Stainless Steel Thermal Insulated Lunch Box Bento Food Storage Containers are designed to keep food fresh and free from spillage. \$13.55 per set of 4, [newchic.com](http://newchic.com)



## PACKED WITH LOVE

Take your meals to go in Pyrex's Simply Store 4-Cup Yellow Hearts Storage Dish. Its plastic lid is BPA-free while the glass container is oven-safe, microwave-safe, freezer-safe and dishwasher-safe. \$6, [pyrexware.com](http://pyrexware.com)



## HERO FLASK

The Hydro Flask 18 Oz Food Flask in Plum preserves the perfect temperature of liquids, from smoothies to soups, so you can travel easy knowing that your food will be as hot or as cold as you packed it. \$35, [hydroflask.com](http://hydroflask.com)



## SNACK PACK

EcoVessel's silicone Collapsible Snacker houses up to 8 ounces of snacks such as nuts, raisins and cheeses, and drinks. It even collapses down to half its size once you are finished snacking, making it simple to store in your purse or bag. \$10, [ecovessel.com](http://ecovessel.com)



# GRAB 'N' GO

# Breakfast

Give yourself permission to hit the snooze button a couple of times knowing that you have your fridge and freezer stocked with clean and wholesome breakfast options. All of these tasty recipes can be made in advance and taken with you, wherever your day takes you.

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with Teff & Blueberries
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"JAM" GRANOLA
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with Coconut &  
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- 30 BREAKFAST IN A JAR  
with Sun-Dried Tomatoes,  
Goat Cheese & Arugula
- 31 BROCCOLI, KALE &  
CHEDDAR QUICHE  
with Savory Quinoa Crust





**Broccoli, Kale &  
Cheddar Quiche**

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## Sorghum Pancakes

MAKES 8 PANCAKES.

HANDS-ON TIME: 20 MINUTES.

TOTAL TIME: 25 MINUTES.

Sorghum flour, an ancient grain, is blended with brown rice flour for lovely whole-grain pancakes that are freezable for easy mornings. Top with fresh berries and maple syrup, or spread nut butter between 2 pancakes for a sandwich.

- ½ cup** brown rice flour
- ½ cup** sorghum flour
- 2 tbsp** ground flaxseeds
- 2 tsp** baking powder
- 1 tsp** baking soda
- ¼ tsp** sea salt
- 1½ cups** plain unsweetened soy milk
- 1½ tbsp** grape seed oil or liquid coconut oil, divided
- 1 tbsp** pure maple syrup
- 1 tsp** pure vanilla extract

1. To a medium bowl, add flours, flaxseeds, baking powder, baking soda and salt and mix thoroughly. In a separate medium bowl, whisk together milk, 1 tbsp oil, maple syrup and vanilla. Add dry ingredients to wet and mix until completely incorporated and no lumps remain. Set aside for 5 minutes.

2. Heat a large sauté pan or griddle on medium-high and thinly brush surface with ¾ tsp oil.

3. Add 4 ¼-cup mounds of batter to pan and let cook until sides turn golden and middle is firm, about 2 minutes. Flip and cook for another minute. Set aside. Repeat with remaining oil and batter.

**NOTE:** If freezing, let pancakes cool before placing between parchment paper and storing in a resealable bag in the freezer. When ready to eat, simply remove from freezer and pop into the toaster.

**PER SERVING** (2 pancakes): Calories: 237, Total Fat: 9 g, Sat. Fat: 1 g, Monounsaturated Fat: 2 g, Polyunsaturated Fat: 6 g, Carbs: 33 g, Fiber: 4 g, Sugars: 4 g, Protein: 6 g, Sodium: 646 mg, Cholesterol: 0 mg

## Purple Porridge with Teff & Blueberries

MAKES 10 CUPS.

HANDS-ON TIME: 10 MINUTES.

TOTAL TIME: 35 MINUTES.

High-protein teff creates a rich porridge that can be combined with fruits of all varieties. Lightly spiced, this sweet and creamy breakfast is an ultra-satisfying way to start the day.

- 1½ cups** whole-grain teff
- 1 cup** Medjool dates, pitted and chopped
- 1 tbsp** ground cinnamon
- 1 tsp** ground cardamom
- ¼ tsp** sea salt
- ¾ cup** plain unsweetened almond milk + additional for serving
- 6 tbsp** natural unsalted creamy almond butter (or try a nut & seed butter blend)

**3 cups** frozen wild blueberries, thawed

**⅔ cup** hemp hearts  
pure maple syrup, for serving

1. In a large pot, bring 6 cups water to a boil. Reduce heat to medium-low to simmer and stir in teff, dates, cinnamon, cardamom and salt. Cover and cook for 10 minutes; stir in almond milk, cover and continue cooking 5 minutes more.

2. Uncover pot and stir in almond butter until completely incorporated. Stir in blueberries and hemp to heat through, then remove porridge from heat.

3. If serving immediately, transfer to bowls and swirl in additional almond milk (about 1 tbsp per serving) and desired amount of maple syrup (about 1 tsp) to each serving. If storing, transfer to Mason jars and refrigerate, reheating with almond milk and maple syrup mixed in. Porridge will keep up to 4 days in the refrigerator.

**PER SERVING** (1 cup): Calories: 315, Total Fat: 12 g, Sat. Fat: 1 g, Monounsaturated Fat: 4 g, Polyunsaturated Fat: 6 g, Carbs: 46.5 g, Fiber: 7 g, Sugars: 18 g, Protein: 10 g, Sodium: 80 mg, Cholesterol: 0 mg







## Sweet Potato Waffles *with Vanilla Maple Dip*

MAKES 6 WAFFLES. HANDS-ON TIME: 20 MINUTES. TOTAL TIME: 50 MINUTES.

Orange zest and juice add zing to these sweet potato waffles with white whole-wheat and almond flours. Slicing the waffles makes it easier to take on the go as well as to dunk in the tangy-sweet dip.

- 1½ cups** peeled and cubed sweet potato (about ½ large)
- 1½ cups** white whole-wheat flour
- ¼ cup** almond flour
- 1 tbsp** baking powder
- 1 tsp** ground cinnamon
- ½ tsp** sea salt
- ¼ tsp** each ground ginger and allspice
- 3 large** eggs
- 1 cup** whole milk
- ¼ cup** organic unsalted butter, melted
- 2 tsp** grated orange zest + ¼ cup fresh orange juice
- ¾ cup** full-fat plain yogurt
- 3 tbsp** pure maple syrup
- 1½ tsp** pure vanilla extract

**1.** Place sweet potato in a steamer basket fitted over a pot of simmering water. Steam until tender, about 20 minutes. Transfer to a bowl and mash. Set aside.

**2.** In a large bowl, combine flours, baking powder, cinnamon, salt, ginger and allspice. In a separate medium bowl, whisk eggs, milk, butter, zest and juice until well blended; add mashed sweet potato and whisk to combine. Add wet ingredients to dry and fold to combine.

**3.** Preheat waffle iron according to manufacturer's directions. Mist with cooking spray.

**4.** Scoop batter into waffle iron (3 tbsp to ¼ cup per waffle) as per manufacturer's instructions and

close lid. Cook until golden brown, 3 to 4 minutes. Repeat with remaining batter.

**5.** Meanwhile, in a small bowl whisk together yogurt, maple syrup and vanilla.

**6.** Slice waffles into strips. Pack in an airtight container with a separate container of dip. Can be served warm or cold.

**NOTE:** Waffles can be made ahead and frozen whole then reheated in a toaster oven or oven at 350°F until warmed, 7 to 9 minutes. Slice before serving.

**PER SERVING** (1 waffle): Calories: 347, Total Fat: 16 g, Sat. Fat: 7 g, Monounsaturated Fat: 6 g, Polyunsaturated Fat: 2 g, Carbs: 39 g, Fiber: 5 g, Sugars: 12 g, Protein: 11 g, Sodium: 523 mg, Cholesterol: 121 mg





## Lemon & Ginger Granola with Cranberries

**MAKES 1¾ CUPS.**  
**HANDS-ON TIME: 5 MINUTES.**  
**TOTAL TIME: 30 MINUTES.**

Gluten-free and low in carbs, this sweet and aromatic granola is powered by an array of healthful nuts and seeds.

- ½ cup** raw unsalted sunflower seeds
- ⅓ cup** raw unsalted hazelnuts, roughly chopped
- ⅓ cup** almond meal or flour
- ¼ cup** raw honey
- 2 tbsp** chia seeds
- 2 tbsp** hemp seeds
- 1 tbsp** ground ginger
- zest and juice of 1 lemon**
- ¾ cup** dried unsweetened cranberries

**1.** Preheat oven to 350°F. In a large bowl, combine sunflower seeds, hazelnuts, almond meal, honey, chia, hemp and ginger. Spread onto a large rimmed parchment-lined baking sheet. Bake until golden brown, about 25 to 30 minutes.

**2.** Mix in lemon zest, juice and cranberries. Store in a resealable container in the refrigerator.

**PER SERVING** (2 tbsp): Calories: 106, Total Fat: 7 g, Sat. Fat: 1 g, Monounsaturated Fat: 3 g, Polyunsaturated Fat: 2 g, Carbs: 11 g, Fiber: 2 g, Sugars: 6 g, Protein: 3 g, Sodium: 2 mg, Cholesterol: 0 mg

## Peanut Butter & Strawberry “Jam” Granola

**MAKES 5 CUPS.**  
**HANDS-ON TIME: 10 MINUTES.**  
**TOTAL TIME: 25 MINUTES.**

In this recipe, velvety peanut butter is drizzled over spelt, kamut and quinoa flakes and then tossed with dried strawberries. You’ll be amazed at how much these flavors resemble your favorite childhood sandwich!

- 1½ cups** spelt flakes
- 1½ cups** kamut flakes
- 1 cup** quinoa flakes
- ½ cup** raw unsalted peanuts
- ¼ cup** natural unsalted peanut butter
- ¼ cup** raw honey
- ½ cup** dried unsweetened strawberries, chopped

**1.** Preheat oven to 350°F. In a large bowl, combine spelt, kamut, quinoa and peanuts. In a small saucepan on low, whisk together peanut butter and honey until melted; drizzle over flakes and gently mix. Spread mixture onto a large rimmed parchment-lined baking sheet. Bake until golden brown, about 15 minutes.

**2.** Mix in strawberries and stir again. Transfer to a resealable container.

**PER SERVING** (¼ cup): Calories: 99, Total Fat: 4 g, Sat. Fat: 0 g, Carbs: 14 g, Fiber: 2 g, Sugars: 5 g, Protein: 3 g, Sodium: 14 mg, Cholesterol: 0 mg

## Tropical Granola with Coconut & Macadamia Nuts

**MAKES 4 CUPS.**  
**HANDS-ON TIME: 10 MINUTES.**  
**TOTAL TIME: 20 MINUTES.**

Zesty lime, fragrant coconut and sweet pineapple and papaya commingle to create an unbeatable flavor combination.

- ⅓ cup** coconut oil
- 3 cups** rolled oats
- ⅓ cup** raw unsalted macadamia nuts
- zest and juice of 2 limes**
- ¾ cup** toasted unsweetened shredded coconut
- ⅓ cup** dried unsweetened papaya, roughly chopped
- ¼ cup** dried unsweetened pineapple, roughly chopped

**1.** Preheat oven to 350°F. In a small saucepan on low, melt oil. Transfer to a large bowl along with oats and nuts; toss. Spread mixture onto a large rimmed parchment-lined baking sheet. Bake until golden brown, about 10 minutes.

**2.** Mix in lime zest and juice, coconut, papaya and pineapple. Store in a resealable container in the refrigerator.

**PER SERVING** (¼ cup): Calories: 155, Total Fat: 10 g, Sat. Fat: 7 g, Monounsaturated Fat: 2 g, Polyunsaturated Fat: 1 g, Carbs: 16 g, Fiber: 3 g, Sugars: 4 g, Protein: 2 g, Sodium: 3 mg, Cholesterol: 0 mg





## Cup O' Joe Granola

MAKES **7 CUPS**.

HANDS-ON TIME: **5 MINUTES**.

TOTAL TIME: **15 MINUTES**.

A favorite among CE editors, puffed millet and kamut are tossed with ground coffee beans and cocoa powder for ultimate flavor and crunch. Banana chips round out the recipe with a pop of sweetness.

- 3 cups** puffed millet
- 3 cups** puffed kamut
- ½ cup** raw unsalted almonds, roughly chopped
- ½ cup** pure maple syrup
- ¼ cup** finely ground coffee beans
- ¼ cup** cocoa powder
- 1 cup** unsweetened banana chips

Preheat oven to 350°F. In a large bowl, combine millet, kamut, almonds, maple syrup, coffee and cocoa powder. Spread mixture onto a large rimmed parchment-lined baking sheet. Bake until deep brown and lightly crisp, about 10 minutes. Gently mix in banana. Transfer to a resealable container.

**PER SERVING** (½ cup): Calories: 122, Total Fat: 5 g, Sat. Fat: 2 g, Monounsaturated Fat: 2 g, Polyunsaturated Fat: 1 g, Carbs: 20 g, Fiber: 2 g, Sugars: 9 g, Protein: 3 g, Sodium: 2 mg, Cholesterol: 0 mg

## Grain-Free Cranberry Orange Breakfast Cookies

MAKES **8 COOKIES**. HANDS-ON TIME: **15 MINUTES**.

TOTAL TIME: **45 MINUTES**.

The term “breakfast cookie” might sound like a devilishly delicious oxymoron, but we’re not kidding around with these good-for-you jumbo cookies. They’re made with protein-rich almond flour and pecans and naturally sweetened with maple syrup for an easy grab-and-go breakfast.

- 2 cups** blanched almond flour (**NOTE:** Not almond meal.)
- ¼ cup** shredded unsweetened coconut
- 2 tbsp** coconut flour (**TRY:** Carrington Farms Organic Coconut Flour)
- 2 tbsp** hemp hearts
- ½ tsp** each sea salt, baking soda and ground cinnamon
- 2 large** eggs, lightly beaten
- ⅓ cup** coconut oil or organic unsalted butter, softened
- ¼ cup** pure maple syrup or raw honey
- 1 tsp** orange zest
- 1 tsp** pure vanilla extract
- ½ cup** naturally sweetened or unsweetened dried cranberries or cherries
- ⅓ cup** raw unsalted pecans, chopped

with a handheld electric mixer on medium, mix until well combined. Reduce to low speed, add cranberries and pecans and mix until combined.

**3.** Drop by ¼ cup measure, 1 inch apart, onto prepared baking sheet. Bake until golden and centers are no longer doughy, about 25 minutes. Let cool on sheet for 5 minutes. Transfer to a rack to cool completely.

**TIP:** Store in an airtight container at room temperature for up to 2 days, refrigerate for up to 4 days or freeze for up to 3 months.

**PER SERVING** (1 cookie): Calories: 365, Total Fat: 30 g, Sat. Fat: 11 g, Monounsaturated Fat: 12 g, Polyunsaturated Fat: 6 g, Carbs: 18 g, Fiber: 6 g, Sugars: 7 g, Protein: 9 g, Sodium: 224 mg, Cholesterol: 47 mg

**1.** Preheat oven to 325°F. Line a large baking sheet with parchment paper.

**2.** In a large mixing bowl, whisk together almond flour, shredded coconut, coconut flour, hemp hearts, salt, baking soda and cinnamon. Add eggs, oil, maple syrup, orange zest and vanilla;







## Apple Pie Overnight Oats

**SERVES 6.**

**HANDS-ON TIME: 15 MINUTES.**

**TOTAL TIME: 15 MINUTES.\***

\*PLUS OVERNIGHT REFRIGERATION.

Kefir adds creaminess to this overnight oat recipe while also imparting a boost of gut-friendly probiotics. We love this dish cold, which best preserves the benefits of kefir, but you can also warm it up on the stove top if preferred.

- 2** apples, grated
- 2 cups** old-fashioned rolled oats
- 1¾ cups** unsweetened almond milk
- 1¾ cups** full-fat plain kefir or yogurt
- ½ cup** unsweetened raisins
- ½ cup** unsweetened apple juice
- ½ cup** chopped raw walnuts
- 4 tsp** fresh lemon juice
- 1 tsp** ground cinnamon
- ⅓ tsp** ground nutmeg
- raw honey or stevia, to taste, optional

### OPTIONAL TOPPINGS:

Additional walnuts, chopped apple or bee pollen

**1.** Prepare oats the night before:  
In a large bowl, mix all ingredients except honey and optional toppings. Cover; refrigerate overnight.

**2.** In the morning, stir or drizzle in honey (if using). Divide among bowls and top with additional toppings (if using).

**PER SERVING** (⅙ of recipe): Calories: 325, Total Fat: 12 g, Sat. Fat: 2.5 g, Monounsaturated Fat: 3 g, Polyunsaturated Fat: 6 g, Carbs: 49 g, Fiber: 6 g, Sugars: 26 g, Protein: 8 g, Sodium: 89 mg, Cholesterol: 10 mg





## Savory Breakfast Quick Bread

SERVES 12. HANDS-ON TIME: 18 MINUTES. TOTAL TIME: 45 MINUTES.

These quick breads hit just the right balance of savory, salty and sweet with a mix of turkey bacon, Parmesan cheese and maple syrup. We love these warmed lightly with a pat of butter.

- 2 oz** all-natural turkey bacon (no added nitrates or nitrites), chopped
- 1 cup** whole-wheat flour
- 1 cup** white whole-wheat flour
- 2 tbsp** grated Parmesan cheese
- 2 tsp** baking powder
- 1 tsp** baking soda
- ½ tsp** sea salt
- 2 large** eggs
- 1¼ cups** whole buttermilk
- ⅓ cup** safflower oil
- 3 tbsp** pure maple syrup
- ¼ cup** chopped fresh chives

- 1.** Preheat oven to 350°F. Mist a 12-count muffin tin with cooking spray or line with paper liners.
- 2.** Mist a medium nonstick skillet with cooking spray and heat on medium high. Add bacon and cook, stirring frequently, until lightly browned, about 3 minutes. Transfer to a paper towel-lined plate.
- 3.** In a large bowl, whisk together flours, Parmesan, baking powder, baking soda and salt. In a medium bowl, whisk together eggs, buttermilk, oil and maple syrup. Add wet ingredients to dry and mix with

a wooden spoon until just combined. Do not overmix. Fold in cooked bacon and chives.

- 4.** Divide batter evenly among prepared muffin cups. Bake for 25 minutes, or until a toothpick inserted in the middle of one quick bread comes out clean. Store in an airtight container in the fridge for 3 to 4 days, or in the freezer for up to 1 month.

**PER SERVING** (1 quick bread): Calories: 173, Total Fat: 9 g, Sat. Fat: 1 g, Monounsaturated Fat: 1 g, Polyunsaturated Fat: 5 g, Carbs: 18.5 g, Fiber: 2 g, Sugars: 4.5 g, Protein: 6 g, Sodium: 365 mg, Cholesterol: 39 mg



## Quinoa Crunch Yogurt Parfaits

SERVES **6**. HANDS-ON TIME: **20 MINUTES**. TOTAL TIME: **1 HOUR, 5 MINUTES**.\*

\*PLUS COOLING TIME.

Store-bought granola usually contains a whack of refined sugar that takes your blood sugar on a roller-coaster ride. In our recipe, we eliminate the white stuff by making our granola from scratch using quinoa, oats, coconut and applesauce. Layered with fresh blueberries and a drizzle of maple syrup, it's a gluten-free breakfast that's easy to grab and go.

- ½ cup** dry quinoa
- ½ cup** rolled oats
- ¼ cup** unsweetened shredded coconut
- 2 tbsp** black or white chia seeds
- ½ tsp** ground ginger
- ½ tsp** ground cinnamon
- ¼ cup** unsweetened applesauce
- 1** egg white
- 3 cups** plain yogurt
- 3 tsp** pure maple syrup, or to taste
- 3 cups** blueberries

### EQUIPMENT:

- 6 12-oz** glass jars with lids

**1.** Preheat oven to 300°F and line a large rimmed baking sheet with parchment paper.

**2.** In a large bowl, combine quinoa, oats, coconut, chia, ginger and cinnamon. Stir to combine. Mix in applesauce. In a small bowl, beat egg white with a fork until foamy. Stir into quinoa mixture. Spread mixture on sheet in an even layer. Mist with cooking spray. Bake for 45 to 50 minutes, stirring every 10 minutes, until browned and almost crisp. Remove from oven and set aside to cool in tray, about 20 minutes (it will crisp up further upon cooling).

**3.** Spoon ½ cup yogurt into each jar. Drizzle ½ tsp maple syrup over yogurt in each jar. Top each with ½ cup blueberries and ⅓ cup quinoa crunch. Screw on lids and refrigerate for up to 4 days.

**PER SERVING** (1 parfait): Calories: 252, Total Fat: 9 g, Sat. Fat: 5 g, Monounsaturated Fat: 2 g, Polyunsaturated Fat: 2 g, Carbs: 36 g, Fiber: 5 g, Sugars: 17 g, Protein: 9 g, Sodium: 69 mg, Cholesterol: 16 mg



## Life-Altering Green Smoothie

SERVES 4. HANDS-ON TIME: 15 MINUTES. TOTAL TIME: 15 MINUTES.

Looking to incorporate more greens into your diet but don't have the time? The absolute genius of this avocado, spinach and pineapple smoothie is in the make-ahead technique: It's prepared almost entirely in advance and frozen in individual bags. When you're ready for it, you simply add to a blender with water and start sipping.

- 1** avocado, peeled, pitted and quartered
- 4 cups** peeled and chopped pineapple
- 4 cups** baby spinach
- ½ cup** BPA-free canned full-fat coconut milk
- ¼ cup** fresh lime juice
- ¼ cup** chopped fresh cilantro
- 1 tsp** ground ginger
- 4** stevia packets, optional

**1.** Among 4 large zip-top freezer bags, divide all ingredients evenly. Seal bags and freeze until ready to serve, up to 1 month.

**2.** Empty contents of 1 bag into a blender and add 1 cup water. Begin blending on low speed to break up chunks, then gradually increase speed. Blend on high speed for 30 seconds or until smooth.

**PER SERVING** (1 smoothie): Calories: 244, Total Fat: 14 g, Sat. Fat: 6 g, Monounsaturated Fat: 5 g, Polyunsaturated Fat: 1 g, Carbs: 32 g, Fiber: 7 g, Sugars: 17 g, Protein: 4 g, Sodium: 53 mg, Cholesterol: 0 mg







## Rainforest Acai Breakfast Jars

SERVES 4. HANDS-ON TIME: 15 MINUTES. TOTAL TIME: 15 MINUTES.

\*PLUS COOLING TIME.

Enjoy a breakfast that tastes like it came straight from the Amazonian rainforest with this gorgeous acai purée blended with creamy coconut milk and banana, then layered with colorful fruit and nuts. Pile it all into jars or containers and freeze – then simply grab and go!

- 4 3.5-oz** packages frozen unsweetened acai purée (**TRY:** Sambazon Acai Berry Original Blend Superfruit Packs. Before opening your acai pack, run under warm water for 5 seconds.)
- 1** banana
- ¼ cup** BPA-free canned full-fat coconut milk
- 1** mango, peeled, pitted and finely chopped
- 2** kiwi, peeled and finely chopped
- 1 oz** unsalted Brazil nuts, chopped
- 1 pint** raspberries
- 2 tbsp** shredded unsweetened coconut

### EQUIPMENT:

- 4 12-oz** freezer-safe jars or containers

**1.** To a blender, add acai purée, banana, coconut milk and ¼ cup water. Blend on low to break up chunks, then blend on high for 30 to 60 seconds, until smooth. Divide evenly among jars. Layer mango, kiwi, nuts, raspberries and coconut on top of acai purée, dividing evenly. Cover and freeze until ready to serve, up to 1 month.

**2.** To serve, remove 1 jar from freezer and place in the refrigerator overnight.

**PER SERVING** (1 jar): Calories: 296, Total Fat: 16 g, Sat. Fat: 7 g, Monounsaturated Fat: 3 g, Polyunsaturated Fat: 5 g, Carbs: 37.5 g, Fiber: 9 g, Sugars: 23 g, Protein: 5 g, Sodium: 16 mg, Cholesterol: 0 mg

## Coconut Cheesecake Smoothie

SERVES 4.

HANDS-ON TIME: 5 MINUTES.

TOTAL TIME: 5 MINUTES.

The secret ingredient in this rich smoothie along with the raspberries and coconut milk is creamy ricotta cheese. We promise it'll taste like you're eating cheesecake for breakfast!

- 3 cups** unsweetened coconut milk beverage (**NOTE:** Not canned. Look for this in a carton in the refrigerated section.)
- 1 cup** frozen raspberries
- ½ cup** smooth ricotta cheese
- 2 tbsp** pure maple syrup
- 2 tsp** pure vanilla extract

In a blender, blend all ingredients until smooth. Can be stored overnight in a Mason jar.

**PER SERVING** (¼ of recipe): Calories: 157, Total Fat: 8 g, Sat. Fat: 6 g, Monounsaturated Fat: 1 g, Polyunsaturated Fat: 0 g, Carbs: 18 g, Fiber: 3 g, Sugars: 13 g, Protein: 4 g, Sodium: 39 mg, Cholesterol: 16 mg





## Sweet Potato Pie Parfaits

SERVES 6.

HANDS-ON TIME: **30 MINUTES.**

TOTAL TIME: **30 MINUTES.\***

\*PLUS COOLING TIME.

Using vegetables in your morning meal is a great way to jump-start your day and squeeze in essential vitamins and minerals. Try our Sweet Potato Pie Parfaits for a grab-and-go savory-meets-sweet option. Top with berries for an extra kiss of sweetness.

- 4 small** baked sweet potatoes
- 2–3 tbsp** pure maple syrup + additional for drizzling, if desired
- 1 tsp** ground cinnamon
- 1 tsp** pure vanilla extract
- ¼ tsp** each ground allspice and nutmeg
- ⅛ tsp** ground cardamom
- 1 13½-oz** BPA-free can full-fat coconut milk
- 1½ cups** unsweetened coconut yogurt, or yogurt of your choice

### TOPPING

- 2 cups** rolled oats
- ¾ cup** raw unsalted pecans
- ¼ cup** raw unsalted pumpkin seeds
- ¼ cup** hemp hearts

- 2 tbsp** pure maple syrup
- 1 tsp** ground cinnamon
- ½ cup** chopped pitted Medjool dates

### EQUIPMENT:

- 6 12-oz** Mason jars

**1.** Preheat oven to 375°F and line a medium or large baking sheet with parchment paper.

**2.** Prepare topping: In a large bowl, add all topping ingredients except dates and combine until oats and seeds are completely coated in syrup. Spread on baking sheet and bake for 10 to 12 minutes, or until mixture is toasted and slightly brown. Set aside to cool on baking sheet and then place in an airtight container.

**3.** Meanwhile, prepare purée: To a food processor, add potatoes (including skin), 2 to 3 tbsp maple syrup, 1 tsp cinnamon, vanilla, allspice, nutmeg and cardamom. Purée until completely smooth.

**4.** Remove half of purée and set aside. To food processor, add coconut milk and process until completely mixed. Remove from processor and set aside.

**5.** In 6 12-oz Mason jars, layer parfaits in the following order: ¼ cup sweet potato purée, ½ cup coconut-potato mixture and ¼ cup yogurt. Seal and refrigerate until ready to eat. Top with ½ cup of topping before serving. Drizzle with additional maple syrup (if using).

**PER SERVING** (1½ cups): Calories: 563, Total Fat: 34 g, Sat. Fat: 17 g, Monounsaturated Fat: 8 g, Polyunsaturated Fat: 7 g, Carbs: 60 g, Fiber: 9 g, Sugars: 25 g, Protein: 11 g, Sodium: 31 mg, Cholesterol: 0 mg





## Yogurt & Granola Ice Pops

MAKES **6 3-OZ POPS**.  
HANDS-ON TIME: **15 MINUTES**.  
TOTAL TIME: **15 MINUTES**.\*

\*PLUS FREEZING TIME.

Here's a radical idea: Instead of a yogurt, fruit and granola parfait in a bowl, why not freeze all those same ingredients into an ice pop? You can make a batch in advance then pull them out of the freezer when you're ready. Two pops make a great breakfast, while one pop is a perfect snack.

- ¾ cup** whole-milk plain Greek yogurt
- 2 tbsp** whole milk or non-dairy milk, or as needed
- 6 tbsp** 100% fruit strawberry preserves

- 3** strawberries, hulled and thinly sliced (about 4 slices per berry)
- 6 tbsp** all-natural granola (**TIP:** Avoid brands with dried fruit as it is hard to chew when frozen.)

### EQUIPMENT:

- 6 3-oz** ice-pop molds

**1.** In a large cup with a spout, combine yogurt and enough milk to thin out the yogurt so it can be poured into the molds.

**2.** Swirl strawberry preserves into yogurt mixture, taking care not to combine well.

**3.** Fill molds one-third full with the yogurt mixture. Slide strawberry slices into each. Add ½ tbsp granola to each. Next, fill mold almost to the top with more yogurt, leaving just a little room at the top.

**4.** Put an ice-pop stick in center and add ½ tbsp of granola to each mold. Press granola into yogurt so it adheres. Cover and freeze until solid, at least 2 hours but preferably longer. When removing pops from molds, it is helpful to run tepid water on the outside of the mold for a few seconds first.

**PER SERVING** (1 ice pop): Calories: 90, Total Fat: 3 g, Sat. Fat: 2 g, Carbs: 13 g, Fiber: 2 g, Sugars: 7.5 g, Protein: 3 g, Sodium: 14 mg, Cholesterol: 6 mg

## PB&J Freezer Smoothie Packs

MAKES **4 SMOOTHIE PACKS**.\*  
HANDS-ON TIME: **10 MINUTES**.  
TOTAL TIME: **10 MINUTES**.

\*EACH PACK MAKES 2 12-OZ SMOOTHIES.

Simply pile the ingredients for these produce-packed smoothies into freezer bags, then when you're ready, add to a blender with almond milk.

- 4 cups** frozen mixed berries
- 2 large** bananas, peeled and halved
- ¼ cup** natural unsalted creamy peanut butter
- 8** pitted Deglet Noor dates or 4 Medjool dates
- ½ cup** chia seeds (**NOTE:** Either ground or whole chia will work here.)
- 4 cups** packed baby spinach
- 4 cups** unsweetened plain almond milk

**1.** In each of 4 large zip-top freezer bags, place 1 cup berries, ½ banana, 1 tbsp peanut butter, 2 dates, 2 tbsp chia and 1 cup spinach. Squeeze out as much air as possible and transfer to freezer for up to 3 months.

**2.** To serve, empty contents of 1 bag into a blender. Add 1 cup almond milk and ¼ cup water. Blend on low to break up frozen fruit, and gradually increase speed, blending until smooth, about 30 to 60 seconds at high speed. Pour into 2 glasses.

**PER SERVING** (1 12-oz smoothie): Calories: 208, Total Fat: 9 g, Sat. Fat: 1 g, Monounsaturated Fat: 3 g, Polyunsaturated Fat: 4 g, Carbs: 30 g, Fiber: 9 g, Sugars: 14 g, Protein: 6 g, Sodium: 117 mg, Cholesterol: 0 mg







## Just Like Nonna's Frittatas

SERVES 6. HANDS-ON TIME: 25 MINUTES. TOTAL TIME: 55 MINUTES.\*

\*PLUS COOLING TIME.

We love breakfast frittatas here at CE, but we know that time doesn't always permit a leisurely morning meal. Enter these scrumptious Italian-style mini frittatas with tomatoes, chicken sausage, mozzarella and basil that are baked in a muffin tin for ultra-portability.

- 2 tsp** olive oil
- 2 small** yellow potatoes, peeled and diced
- ¾ cup** chopped yellow onion
- ⅛ tsp** sea salt
- 4 2-oz** links cooked all-natural Italian chicken sausage, no added nitrites or nitrates, thinly sliced
- 2 large** cloves garlic, minced
- 1½ cups** grape tomatoes, halved
- 8 large** eggs
- ½ cup** plain whole-milk yogurt
- 1 cup** shredded mozzarella cheese
- ¼ cup** chopped fresh basil leaves
- ¼ tsp** ground black pepper

**1.** Preheat oven to 400°F. Mist a 12-count muffin tin with cooking spray.

**2.** In a medium skillet on medium-low, heat oil. Add potatoes, onion and salt and sauté for about 10 minutes, stirring occasionally, until vegetables are tender. Add sausage, garlic and tomatoes and sauté for 2 minutes more. Divide mixture among muffin tins and allow to cool for about 10 minutes.

**3.** In a medium bowl, whisk together eggs and yogurt. Stir in cheese, basil and pepper. Divide evenly among muffin cups. Bake for 20 minutes, until puffed and set.

**4.** Remove from oven and let cool for about 20 minutes. Slide a knife around each frittata and gently remove, placing on a large rimmed baking sheet. Freeze until firm, about 2 hours, then transfer to a large zip-top freezer bag. Return to freezer until ready to serve, up to 1 month.

**5.** To serve, preheat oven to 400°F. Place frozen frittatas on a rimmed baking sheet misted with cooking spray and bake for 20 minutes, until heated through. A microwave may also be used, if desired. Frittatas can also be eaten cold; thaw overnight in the refrigerator.

**PER SERVING** (2 frittatas): Calories: 291, Total Fat: 15.5 g, Sat. Fat: 6 g, Monounsaturated Fat: 6 g, Polyunsaturated Fat: 2 g, Carbs: 15.5 g, Fiber: 2 g, Sugars: 4 g, Protein: 21 g, Sodium: 489 mg, Cholesterol: 297 mg





## Sausage, Egg & Cheddar Breakfast Sandwiches

MAKES **6 SANDWICHES**.

HANDS-ON TIME: **25 MINUTES**.

TOTAL TIME: **55 MINUTES**.

This cleaned-up version of the fast-food favorite is made with lean ground turkey and served in whole-grain English muffins. The best part is they freeze well, so make a batch and store in your freezer for a grab-and-go breakfast. Feel free to add baby spinach or tomato slices to the sandwich – but add it just before or after reheating. Serve with your favorite hot sauce.

- 10 large** egg whites, or 1¼ cups liquid egg whites
- ¼ tsp** sea salt, divided
- 12 oz** lean ground turkey
- 1 tbsp** pure maple syrup
- 2 tsp** chopped fresh sage
- 1 tsp** chopped fresh thyme
- 1 small** clove garlic, minced
- ¼ tsp** ground black pepper
- 6** thin slices sharp cheddar cheese (about 4½ oz total)
- 6** whole-grain English muffins, split

**1.** Preheat oven to 350°F. Mist 6 wells of a muffin tin with cooking spray.

**2.** In a large liquid measure, whisk egg whites and ⅓ tsp salt until frothy. Pour into wells, dividing evenly. Bake until centers are set, about 20 minutes. Remove egg rounds from pan. Let cool for 10 minutes.

**3.** Meanwhile, in a bowl, stir together turkey, maple syrup, sage, thyme, garlic, pepper and remaining ⅓ tsp salt. Shape into six 3½-inch-wide patties; arrange on a parchment-lined baking sheet. Bake until an instant-read thermometer reaches 165°F when inserted in centers, about 15 minutes.

**4.** Arrange 1 oven rack in upper third of oven; preheat broiler to high. Transfer baking sheet to upper rack; broil until patties are browned, about 3 minutes. Let cool.

**5.** Place 1 slice cheese on bottom half of each English muffin. Top each with 1 egg round and 1 sausage patty; sandwich with top halves of English muffins. Wrap each in foil and refrigerate for 2 to 3 days, or freeze for up to 3 months.

**6.** To reheat in the oven, thaw completely in the refrigerator if frozen, then heat at 350°F (with foil still on) until heated through, about 25 minutes. Alternatively, microwave from frozen: Remove foil, wrap in paper towels and transfer to a plate. Microwave on defrost setting (30% power) for 2 minutes. Flip sandwich and microwave on high until heated through, about 1½ minutes.

**PER SERVING** (1 sandwich): Calories: 354, Total Fat: 14 g, Sat. Fat: 6 g, Monounsaturated Fat: 4 g, Polyunsaturated Fat: 2.5 g, Carbs: 30 g, Fiber: 4.5 g, Sugars: 8 g, Protein: 29 g, Sodium: 589 mg, Cholesterol: 65 mg







## Sweet Potato Breakfast Burritos

SERVES **4**. HANDS-ON TIME: **25 MINUTES**. TOTAL TIME: **35 MINUTES**.\*

\*PLUS HEATING TIME WHEN READY TO EAT.

If you're in the habit of grabbing a hot egg sandwich on your way to work, this is the breakfast for you. Make these burritos in advance, then wrap them up and freeze. When you wake up in the morning, simply pop one in the oven to heat while you're getting ready, then take it with you on the go.

- 2 tsp** olive oil
- 1 small** sweet potato, peeled and diced
- 1 small** yellow onion, chopped
- ¾ cup** frozen sliced tricolor bell peppers, thawed
- 2 cups** packed baby spinach, roughly chopped
- 1 tsp** chile powder
- 2 large** eggs, beaten
- 2 large** egg whites, beaten
- 4** 9- or 10-inch whole-wheat tortillas
- 1 oz** shredded cheddar cheese

**1.** In a medium skillet on medium, heat oil. Add potato, onion and bell pepper and sauté for about 8 minutes, stirring occasionally, until potatoes are tender and onions are translucent. Add spinach and chile powder; sauté for 2 minutes more.

**2.** Increase heat to medium-high. Add eggs and egg whites. Cook for 3 minutes, stirring frequently, until eggs are cooked through. Turn off heat and let cool for about 10 minutes.

**3.** Tear off 4 16-inch rectangles of foil and lay 1 tortilla on top of each. Divide egg mixture evenly into the center of each tortilla. Sprinkle evenly with cheese. To wrap, fold edges in, then roll forward tightly. Wrap burrito tightly in foil. (**NOTE:** Alternatively, line with parchment paper and then wrap in foil.)

**4.** Place wrapped burritos in a large zip-top freezer bag and freeze for up to 3 months. To serve, preheat oven to 400°F. Place a burrito, still wrapped, on a baking sheet and bake for 35 minutes. Use tongs to transfer wrapped burrito to a paper bag and take on the go. (**NOTE:** If reheating in the microwave, make sure to remove foil first.)

**PER SERVING** (1 burrito): Calories: 255, Total Fat: 10 g, Sat. Fat: 3 g, Monounsaturated Fat: 5 g, Polyunsaturated Fat: 2 g, Carbs: 38 g, Fiber: 15.5 g, Sugars: 7 g, Protein: 17 g, Sodium: 465 mg, Cholesterol: 100 mg

## Fried Rice Cakes

SERVES **8**.

HANDS-ON TIME: **15 MINUTES**.

TOTAL TIME: **30 MINUTES**.\*

\*PLUS FREEZING TIME.

Think of this breakfast like your favorite Asian fried rice – all mixed together in an egg muffin for portability.

- 2 cups** cooked short grain brown rice
- 2 tbsp** reduced-sodium soy sauce
- 1 tbsp** rice vinegar
- 4** green onions, thinly sliced
- 1** red bell pepper, finely chopped
- 1 cup** shredded carrot
- 6 large** eggs
- ¼ tsp** sea salt and ground black pepper

**1.** Preheat oven to 350°F. Generously mist 8 muffin cups in a muffin tin.

**2.** In a large bowl, combine rice, soy sauce and vinegar. Add onion, bell pepper and carrot; gently toss. In a separate medium bowl whisk together eggs, salt and pepper. Stir eggs into rice mixture.

**3.** Divide evenly among muffin cups and bake until set, 12 to 15 minutes.

**4.** Remove from heat and gently run a thin knife around edges to loosen. Allow to cool to room temperature. Carefully lift each rice cake with a spoon and chill up to 3 to 4 days. Serve cold or at room temperature.

**PER SERVING** (1 rice cake): Calories: 125, Total Fat: 4 g, Sat. Fat: 1 g, Carbs: 14.5 g, Fiber: 2 g, Sugars: 1.5 g, Protein: 7 g, Sodium: 265 mg, Cholesterol: 140 mg







## Breakfast in a Jar with Sun-Dried Tomatoes, Goat Cheese & Arugula

SERVES 1. HANDS-ON TIME: 5 MINUTES. TOTAL TIME: 25 MINUTES.

Don't give up on an energizing breakfast just because you're short on time – in just 5 minutes, you can whip up this French-inspired crustless quiche. It's equally delicious hot or cold.

- 1 egg
- ¼ cup whole milk
- 2 tbsp chopped sun-dried tomatoes (dry-packed), divided
- 2 tsp crumbled goat cheese
- ¼ tsp dried Italian seasoning, divided
- ½ cup arugula
- sea salt and ground black pepper, to taste
- 1 tbsp roughly broken whole-grain crackers, optional

### EQUIPMENT:

- 1 1-cup oven-safe glass jar with lid

1. Preheat oven to 375°F. Lightly mist inside of jar with cooking spray.

2. In a medium bowl, whisk egg, milk, 1 tbsp tomatoes, cheese and ¼ tsp Italian seasoning. Pour into jar. Bake until set, 25 minutes. Set aside to cool.

3. Meanwhile, mist a small sauté pan with cooking spray and heat on medium. Add remaining ¼ tsp Italian seasoning, 1 tbsp tomatoes and arugula. Sauté, stirring frequently,

until just wilted, 1 minute. Add salt and pepper and remove from heat. Set aside to cool slightly. Spoon into jar over top egg mixture. Sprinkle with crackers (if using). Cover with lid and refrigerate. Can be made up to 1 day in advance. **(TIP:** To reheat, remove cover and heat in 350°F oven for 5 minutes, or if using a microwave-safe jar, heat in microwave for 1½ minutes.)

**PER SERVING** (1 jar): Calories: 145, Total Fat: 8 g, Sat. Fat: 3 g, Monounsaturated Fat: 2 g, Polyunsaturated Fat: 1 g, Carbs: 8 g, Fiber: 1 g, Sugars: 6 g, Protein: 11 g, Sodium: 400 mg, Cholesterol: 217 mg





## Broccoli, Kale & Cheddar Quiche

with Savory Quinoa Crust

SERVES 6.

HANDS-ON TIME: 40 MINUTES.

TOTAL TIME: 1 HOUR, 30 MINUTES.\*

\*PLUS COOLING TIME.

A cheesy quinoa crust makes a delicious, higher-protein swap for the traditional flour and butter quiche crust. Swap out the Tuscan kale in the filling for baby kale or spinach if you prefer a milder flavor.

- 1 cup** + 2 tbsp low-sodium vegetable or chicken broth
- ¾ cup** white quinoa, rinsed
- 1** bay leaf
- 3 large** eggs + 4 large egg whites, divided
- ½ cup** shredded cheddar cheese, divided
- 1 tbsp** olive oil
- 1** leek, white and light green parts only, halved lengthwise and thinly sliced
- 1 cup** ¼-inch broccoli florets
- 1 cup** packed chopped stemmed Tuscan or lacinato kale
- ½ cup** whole milk
- 2 tsp** Dijon mustard
- ½ tsp** sea salt
- ¼ tsp** ground black pepper

**1.** Preheat oven to 375°F. Mist an 8-inch pie plate or quiche pan with cooking spray; set aside.

**(NOTE:** Opt for a dish with a depth of about 1½ inches.)

**2.** In a small saucepan, combine broth, quinoa and bay leaf; bring to a boil. Reduce heat to low; cover and simmer until quinoa is tender and liquid is absorbed, about 12 minutes. Transfer to a large bowl; let cool.

**3.** Whisk 1 egg; stir into cooled quinoa. Stir in ¼ cup cheese. Press mixture into bottom and side of prepared pie plate. Bake on a rimmed baking sheet until crust is dry to the touch, about 25 minutes.

**4.** Meanwhile, in a skillet with a tight-fitting lid, heat oil on medium-low. Add leek and sauté, stirring often, until softened, about 3 minutes. Add broccoli, kale and ¼ cup water; cover and cook until tender, about 4 minutes. Drain and scrape into crust.

**5.** In a small bowl, whisk together remaining 2 eggs, egg whites, milk, mustard, salt and pepper. Pour into crust and sprinkle with remaining ¼ cup cheese. Bake on rimmed baking sheet until top is golden and a knife inserted in center comes out clean, about 35 minutes. Cool completely. Cut into 6 wedges; wrap in plastic and refrigerate for 3 to 4 days.

**6.** To serve, transfer a slice to oven or toaster oven at 350°F until warm; can also be eaten cold.

**PER SERVING** (⅙ of quiche): Calories: 245, Total Fat: 10 g, Sat. Fat: 3.5 g, Monounsaturated Fat: 4 g, Polyunsaturated Fat: 2 g, Carbs: 24 g, Fiber: 3 g, Sugars: 2 g, Protein: 13 g, Sodium: 381 mg, Cholesterol: 104 mg





# SWEET & SAVORY Snacks

We have so many ideas for portable snacks, you'll never go hungry between meals again. Try our savory grab-and-go bites such as our cheesy muffins, pizza rolls and taco dip as well as sweeter treats like custard, cookies and scones – they can all be made ahead and stored until cravings hit.

## SAVORY

- |  |   |
|--|---|
| 34 CHIPOTLE CHEDDAR<br>SWEET POTATO MUFFINS                                  | 42 RADISHES<br>with Minted Yogurt Dip                       |
| 35 VIBRANT VEGGIE BUNDLES<br>with 4-Ingredient Sweet<br>& Sour Dipping Sauce | 44 GLUTEN-FREE<br>SEED CRACKERS                             |
| 36 SPINACH FRITTATA<br>SANDWICHES<br>with Marinara Sauce                     | 44 BROCCOLI PESTO   |
| 37 MUSHROOM, WALNUT<br>& CHIPOTLE CHILE TACO DIP                             | 45 POTATO & PEA SAMOSAS                                     |
| 38 CHUNKY BLACK BEAN DIP   | 46 CHILE ALMONDS  |
| 38 SPICY KALE CHIPS  | 46 CRUNCHY GARAM<br>MASALA CHICKPEAS                        |
| 39 VEGGIE PIZZA ROLLS  | 46 CREAMY DILL &<br>CANNELLINI BEAN DIP                     |
| 40 COCONUT TOFU DIPPERS<br>with Mango Curry Sauce                            | 47 RADISH, FENNEL &<br>CARROT CAKES                         |
| 41 SPICY PARMESAN<br>COLLARD CHIPS   | 48 CHICKPEA PANCAKES<br>with White Bean<br>& Basil Tapenade |
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## SWEET

- 50 CINNAMON PITA CRACKERS
- 51 SWEET & SPICY NUTS  
with Oven-Dried Edamame
- 52 SUPERFOOD SCONES
- 53 ALMOND & GOAT  
CHEESE-STUFFED  
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## Baked Custard

with Fresh  
Berry Compote

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## Chipotle Cheddar Sweet Potato Muffins

MAKES **10 MUFFINS**. HANDS-ON TIME: **15 MINUTES**. TOTAL TIME: **40 MINUTES**.

Can't resist a cheesy, savory snack? These muffins are sinfully cheesy and portable, and they won't stain your fingertips orange!

- 1** sweet potato, peeled and cut into 1-inch cubes
- ½ cup** buttermilk
- 1** egg, lightly beaten
- ½ cup** shredded cheddar cheese
- 1½ cups** whole-wheat pastry flour
- 1 tsp** each chipotle chile powder, baking powder and baking soda
- ½ tsp** each sea salt and garlic powder

**1.** Preheat oven to 375°F. In a small saucepan, add potato and enough cold water to cover. Bring to a boil and cook for 15 minutes, until fork-tender. Drain, transfer to a large bowl and mash until smooth. Add buttermilk and stir well to combine. Stir in egg and cheddar and set aside.

**2.** In a small bowl, whisk remaining ingredients. Sprinkle half of mixture over top of potato mixture and fold in with a rubber spatula. Repeat with remaining flour mixture.

**3.** Mist a muffin tray with cooking spray. Spoon batter into muffin cups, measuring about 3 tbsp per muffin. Bake for 15 to 20 minutes, until a toothpick inserted in center of muffin comes out clean. Let cool for 5 minutes. Run a knife along the edge of each cup to release muffins, and transfer to a wire rack. Serve warm or let cool completely before storing. Transfer to an airtight container and refrigerate for up to 1 week.

**PER SERVING** (1 muffin): Calories: 101, Total Fat: 1 g, Sat. Fat: 0.5 g, Carbs: 18 g, Fiber: 3 g, Sugars: 1 g, Protein: 4.5 g, Sodium: 287 mg, Cholesterol: 23 mg







## Vibrant Veggie Bundles *with 4-Ingredient Sweet & Sour Dipping Sauce*

SERVES 6. HANDS-ON TIME: 30 MINUTES. TOTAL TIME: 40 MINUTES.

A winter version of the spring roll, these portable handheld delights and their addicting 4-ingredient sauce make a satisfying snack or a perfect lunch paired with your favorite soup.

- 4 tsp** sesame oil
- 7 large** king oyster mushrooms, thinly sliced lengthwise
- 1 cup** frozen shelled edamame, thawed
- 2 tbsp** reduced-sodium tamari
- 1 tbsp** pure maple syrup
- 12 8-inch** rice paper wraps
- 2 oz** dry brown rice vermicelli noodles, cooked
- 1 cup** grated carrots
- 1 cup** grated Brussels sprouts
- 1 cup** thinly sliced red cabbage
- ½ bunch** fresh basil leaves

### SAUCE

- ½ cup** hoisin sauce
  - ¼ cup** rice vinegar
  - 2 tsp** pure maple syrup
  - 2 tsp** sambal oelek
- 1.** In a large sauté pan on medium-high, heat oil. Add mushrooms and sauté for 10 to 12 minutes, or until brown and slightly crispy.
  - 2.** Add edamame, tamari and 1 tbsp maple syrup and sauté for 4 minutes more. Remove from heat.

**3.** In warm water, wet 1 sheet rice paper and set flat on a clean surface. Fill with mushroom mixture, noodles, carrots, Brussels sprouts, cabbage and basil. Do not overfill. Fold ends over, wrap tightly and place on a plate or in a container for storage. Repeat with remaining ingredients. (**TIP:** If stacking rolls, place a piece of parchment paper between layers.)

**4.** Prepare sauce: In a small bowl, whisk together all sauce ingredients. Serve with winter rolls.

**PER SERVING** (2 rolls and 2 tbsp sauce):  
 Calories: 299, Total Fat: 6 g, Sat. Fat: 1 g,  
 Monounsaturated Fat: 1.5 g, Polyunsaturated  
 Fat: 2 g, Carbs: 52 g, Fiber: 7 g, Sugars: 15 g,  
 Protein: 13 g, Sodium: 691 mg, Cholesterol: 1 mg





## Spinach Frittata Sandwiches *with Marinara Sauce*

SERVES **4**. HANDS-ON TIME: **15 MINUTES**. TOTAL TIME: **20 MINUTES**.

Made ahead and enjoyed hot or cold, our cheesy frittata on whole-grain sandwich bread makes a protein-rich handheld breakfast or snack.

<b>4 large</b>	eggs + 2 egg whites	<b>2–3</b>	cloves garlic, chopped
<b>½ tsp</b>	ground black pepper	<b>8 slices</b>	whole-grain bread or 4 whole-grain sandwich rolls
<b>2 oz</b>	mozzarella cheese, grated (about ½ packed cup)	<b>1 cup</b>	natural jarred marinara sauce
<b>5 oz</b>	spinach leaves (about 5 cups), chopped		

**1.** In a large bowl, whisk together eggs, egg whites and pepper. Whisk in cheese and set aside. Arrange oven rack in middle position and preheat broiler to high. Mist a broiler-safe, 10-inch nonstick skillet with cooking spray and heat to medium on stove top. Add spinach and cook, stirring occasionally until tender, 2 to 3 minutes. Add garlic and toss with spinach until softened, about 1 minute.

**2.** Pour eggs over spinach mixture and tilt pan to distribute evenly. When edges start to set, gently lift with a spatula and allow uncooked egg to run beneath. Repeat until liquid no longer runs to the edge but center of frittata is still wet, about 3 minutes total (lower heat if bottom of frittata is browning too quickly). Transfer to oven and broil until center is no longer jiggly and frittata is cooked through, 2 to 3 minutes (watch carefully to avoid burning). Rest for 5 minutes.

**3.** Wearing an oven mitt (skillet handle will be very hot), loosen frittata from pan with a spatula and slide onto a cutting board. Cut into 4 equal pieces to best fit the type of bread or roll you are using. **(MAKE AHEAD:** Prepare up to 2 days in advance through Step 3; refrigerate in an airtight container.)

**4.** Divide frittata pieces among rolls. Serve each sandwich with ¼ cup of marinara as a dipping sauce. Both frittata and sauce may be served hot or cold.

**PER SERVING** (1 sandwich and ¼ cup sauce): Calories: 313, Total Fat: 10 g, Sat. Fat: 3 g, Monounsaturated Fat: 2.5 g, Polyunsaturated Fat: 1 g, Carbs: 37 g, Fiber: 10 g, Sugars: 9 g, Protein: 21 g, Sodium: 554 mg, Cholesterol: 221 mg



## Mushroom, Walnut & Chipotle Taco Dip

SERVES 5.

HANDS-ON TIME: 15 MINUTES.

TOTAL TIME: 45 MINUTES.

Meaty mushrooms, walnuts and a handful of spices transform into a savory meatless swap for taco meat – the texture is uncannily similar!

- ½ cup** sun-dried tomatoes (dry-packed)
- 2 large** Medjool dates, pitted
- 2 cups** cremini mushrooms
- 1 cup** raw unsalted walnuts or pecans
- 1 tbsp** reduced-sodium soy sauce
- 2 tsp** ground coriander
- 1 tsp** ground cumin
- ½ tsp** sea salt
- ¼ tsp** chipotle chile powder
- whole-grain tortilla chips, as needed, optional

- 1.** To a large heat-proof bowl, add tomatoes and dates. Add boiling water to cover. Let stand until softened, about 30 minutes. Drain.
- 2.** To a food processor, add tomatoes and dates, mushrooms, walnuts, soy sauce, coriander, cumin, salt and chile powder. Pulse until coarsely chopped. (**MAKE AHEAD:** Refrigerate mixture in an airtight container for up to 3 days.)
- 3.** Divide mixture among containers with desired fixings and tortilla chips (if using).

**PER SERVING** (⅓ of recipe): Calories: 200, Total Fat: 14 g, Sat. Fat: 1 g, Monounsaturated Fat: 2 g, Polyunsaturated Fat: 10 g, Carbs: 18 g, Fiber: 5 g, Sugars: 11 g, Protein: 6 g, Sodium: 327 mg, Cholesterol: 0 mg



*Serve this spiced mushroom mixture with guacamole, pico de gallo, shredded cheese and lettuce as well as fresh cilantro.*





## Chunky Black Bean Dip

SERVES **6**. HANDS-ON TIME: **10 MINUTES**. TOTAL TIME: **10 MINUTES**.

Keep a batch of this fresh, multipurpose dip on hand to serve with tortillas, in lettuce cups or as a salad.

**1 15-oz** BPA-free can unsalted black beans, drained and rinsed (**TRY:** Eden Organic Black Beans)

**2** tomatoes, seeded and chopped

**1 small** green bell pepper, seeded and chopped

**½ small** sweet onion, finely chopped

**1 cup** fresh or frozen corn kernels (thawed if using frozen)

juice of 2 limes  
(3 to 4 tbsp)

**1–2 tsp** unsalted garlic and herb seasoning

sea salt, to taste

**1.** To a large bowl, add beans. Using a potato masher, mash several times so that about half of beans are crushed and half are left intact.

**2.** To bowl, add tomatoes, bell pepper, onion and corn and stir to combine. Add lime juice, seasoning and salt and toss. (**MAKE AHEAD:** May be made up to 2 days in advance and refrigerated in an airtight container.) Serve chilled or at room temperature as a salad, as a filling for lettuce wraps or as a dip for tortilla chips.

**PER SERVING** (⅔ cup): Calories: 102, Total Fat: 1 g, Sat. Fat: 0 g, Carbs: 21 g, Fiber: 5 g, Sugars: 4 g, Protein: 6 g, Sodium: 42 mg, Cholesterol: 0 mg

## Spicy Kale Chips

SERVES **2**.

HANDS-ON TIME: **10 MINUTES**.

TOTAL TIME: **25 MINUTES**.

As addictive as potato chips, these spicy chips use dark, leafy kale as their base – they pack a serious nutrient punch!

**1 8-oz** bunch kale

**1 tbsp** olive oil

**¼ tsp** ground cayenne pepper

**1.** Preheat oven to 375°F. Trim tough stems from kale and remove and discard the stiff central vein that runs through each leaf. Tear leaves into 2-inch-wide pieces.

**2.** Spread on a large baking sheet. Drizzle with oil and toss to coat thoroughly. Sprinkle with cayenne and toss to distribute evenly. Arrange in a single layer and bake until crisp, about 10 minutes. Serve immediately or let cool completely before storing in a large airtight container for up to 3 days.

**PER SERVING** (2 loosely packed cups): Calories: 117, Total Fat: 8 g, Sat. Fat: 1 g, Monounsaturated Fat: 5 g, Polyunsaturated Fat: 1 g, Carbs: 11 g, Fiber: 2 g, Sugars: 0 g, Protein: 4 g, Sodium: 49 mg, Cholesterol: 0 mg





## Veggie Pizza Rolls

MAKES 16. HANDS-ON TIME: 30 MINUTES. TOTAL TIME: 1 HOUR, 25 MINUTES.

We've rolled all the savory flavors of veggie pizza (think sauce, veggies and two types of cheese!) into these baked rolls. Keep them in the freezer so you can always have pizza at the ready when your craving hits!

- 2¼ cups** white whole-wheat flour + additional to dust surface
- 1 tbsp** olive oil
- ½ tsp** sea salt
- 1 tbsp** raw honey
- 2 tsp** instant yeast
- 3 tbsp** all-natural tomato-basil sauce or pizza sauce
- 1 small** green bell pepper, diced
- 5** white mushrooms, thinly sliced
- ½ small** red onion, peeled and thinly sliced
- 2 tbsp** pitted Kalamata olives, chopped
- ½ cup** shredded mozzarella cheese
- ¼ cup** shredded Parmesan cheese

**1.** Preheat oven to 425°F. Line a large baking sheet with parchment paper.

**2.** To a food processor, add flour, oil and salt. Pulse 4 to 5 times until combined. Stir honey into 1 cup lukewarm water and sprinkle with yeast. Let stand for 5 minutes, until foamy. With motor running, pour yeast mixture through feed tube and continue to process until ball of dough forms, 45 to 60 seconds. Turn dough out onto a lightly floured board (dough will be slightly sticky). Knead dough 10 to 15 times until smooth and elastic. Place in an oiled bowl, cover with plastic wrap and set aside in a warm place until doubled in volume, 45 minutes. (**TIP:** You can help the dough rise faster by setting bowl in a larger bowl of warm water; this will cut rising time to about 25 minutes.)

**3.** Turn dough out onto a lightly floured surface. Press or roll into a 14 x 8-inch rectangle. Spread with tomato sauce, leaving a ½-inch border along one of the long sides. Arrange bell pepper, mushroom, onion and olives over sauce and sprinkle with mozzarella cheese. Roll up along the long sides, ending at the clean edge and pinching the seam to seal. Cut dough into 16 even rounds and place cut side down on prepared baking sheet. Gently press down each roll to flatten slightly, and sprinkle with Parmesan cheese.

**4.** Bake until golden and crispy, 12 to 15 minutes. Store in the refrigerator for 3 to 4 days or freeze for up to 1 month; can be eaten warm or cold.

**PER SERVING** (1 roll): Calories: 96, Total Fat: 3 g, Sat. Fat: 1 g, Carbs: 13 g, Fiber: 2 g, Sugars: 2 g, Protein: 4 g, Sodium: 126 mg, Cholesterol: 4 mg







## Coconut Tofu Dippers *with Mango Curry Sauce*

SERVES **4**. HANDS-ON TIME: **25 MINUTES**. TOTAL TIME: **45 MINUTES**.\*

\*PLUS TOFU PRESSING TIME.

Coated in coconut, panko and cashew meal, these tofu bites are accompanied by a decadent curry-scented sauce made with coconut milk and mango.

<b>1 14-oz</b>	block firm organic tofu, pressed	<b>½ cup</b>	whole-wheat panko bread crumbs
<b>¼ cup</b>	arrowroot starch	<b>2 tbsp</b>	cashew or almond meal
<b>1 tsp</b>	ground ginger	<b>½ cup</b>	peeled, pitted and chopped mango
<b>1</b>	egg white	<b>1 tbsp</b>	fresh lime juice
<b>6 tbsp</b>	BPA-free canned coconut milk, divided	<b>1 tsp</b>	reduced-sodium soy sauce
<b>⅓ cup</b>	finely shredded unsweetened coconut	<b>1 tsp</b>	rice vinegar
		<b>1 tsp</b>	raw honey
		<b>½ tsp</b>	yellow curry powder

**1.** Drain tofu and wrap snugly in a dish towel; set on a large plate. Place another plate over top and place a large can on top of plate to weigh it down. Refrigerate for 4 hours, or overnight. Slice into 8 strips widthwise, then cut each in half crosswise, making 16 rectangles.

**2.** Preheat oven to 450°F. Place a wire rack on a baking sheet and mist with cooking spray.

**3.** In a shallow dish, combine arrowroot and ginger. In a small bowl, whisk together egg white and 2 tbsp coconut milk. In another shallow dish, combine shredded coconut, panko and cashew meal.

**4.** Working with 2 pieces at a time, dip tofu into arrowroot mixture, then turn to coat and shake off excess. Next, dip tofu into egg white mixture and finish by rolling in shredded coconut mixture. Transfer to wire rack. Repeat with remaining tofu. Bake for 30 minutes, turning halfway. Set aside to cool.

**5.** Meanwhile, in a small food processor or blender, combine mango, remaining ¼ cup coconut milk, lime juice, soy sauce, vinegar, honey and curry powder and process until smooth.

**6.** Divide tofu among 4 snack-size containers and spoon 2 tbsp dipping sauce into small airtight containers.

**PER SERVING** (4 pieces tofu and 2 tbsp dipping sauce): Calories: 278, Total Fat: 15 g, Sat. Fat: 8.5 g, Monounsaturated Fat: 3 g, Polyunsaturated Fat: 3 g, Carbs: 25 g, Fiber: 4 g, Sugars: 6 g, Protein: 13 g, Sodium: 81 mg, Cholesterol: 0 mg





## Spicy Parmesan Collard Chips

SERVES 6. HANDS-ON TIME: 15 MINUTES. TOTAL TIME: 35 MINUTES.

Looking for a crunchy, savory snack? These thin, crisp and delicious baked chips will soon become a surprise hit in your house. You can substitute fresh kale for the collard greens, but decrease cooking time by about 4 to 6 minutes.

- 1 head** collard greens, rinsed and dried (about 12 oz)
- 2 tbsp** olive oil
- 1 tbsp** fresh lemon juice
- ¼ cup** grated Parmesan cheese
- ¼ tsp** each ground cayenne pepper and sea salt

**1.** Arrange oven racks in middle and bottom third positions. Preheat oven to 300°F.

**2.** Using a knife, remove thick stems from center of collard leaves, cutting leaves in half. Then cut each leaf into 2½-inch pieces. In a large mixing bowl, toss collards with oil, lemon juice and Parmesan until evenly coated; season with cayenne and salt.

**3.** Arrange leaves in a single layer on 2 parchment-lined baking sheets, dividing evenly (leaves may overlap slightly). Both sheets of collards may be cooked simultaneously but placed on separate oven racks.

**4.** Bake collards for about 18 minutes, until leaves are crispy and cheese is golden brown. After 12 minutes of cooking, begin checking leaves for doneness every 2 minutes. Remove any crisp chips each time and return sheets to oven until all chips are done. Let chips cool to room temperature and enjoy. Chips may be stored in a sealable bag or container in a cool, dark place for up to 5 days.

**PER SERVING** (1 cup): Calories: 79, Total Fat: 6 g, Sat. Fat: 1 g, Monounsaturated Fat: 3.5 g, Polyunsaturated Fat: 0.5 g, Carbs: 3.5 g, Fiber: 2 g, Sugars: 0.25 g, Protein: 3 g, Sodium: 118 mg, Cholesterol: 3 mg





## Cornbread Frittata Muffins

MAKES **6 MUFFINS**.  
HANDS-ON TIME: **30 MINUTES**.  
TOTAL TIME: **40 MINUTES**.

This just might be the coolest muffin you've ever tried – it's cornbread on the top, frittata on the bottom and filled with veggies like corn, zucchini and green onions for a take-to-go breakfast or filling snack.

- 1 tbsp** extra-virgin olive oil
- 2** green onions, thinly sliced, divided
- 1 small** zucchini, grated, divided
- 1 small** clove garlic, sliced thinly
- 4 large** eggs, divided
- ¼ tsp** sea salt

- Pinch** ground black pepper
- ¼ cup** corn kernels (or frozen corn, thawed), divided
- ¼ cup** whole-wheat pastry flour or spelt flour
- ¼ cup** organic yellow cornmeal, preferably stone-ground
- ½ tsp** baking powder
- ⅛ tsp** each baking soda and sea salt
- ¼ cup** buttermilk
- 2 tbsp** melted organic unsalted butter, coconut oil or olive oil
- 1 tbsp** raw honey or pure maple syrup

**1.** Preheat oven to 375°F. Line a muffin pan with 6 silicone liners or grease a nonstick muffin pan. (**NOTE:** Paper liners tend to stick, so we don't recommend them here.)

**2.** In a small skillet on medium, heat olive oil. Add half of onions, half of zucchini and garlic, and sauté until softened, 3 to 4 minutes.

**3.** In a medium bowl, beat 3 eggs, salt, pepper and half of corn. Stir cooked zucchini mixture into eggs and combine well.

**4.** Divide egg mixture among muffin cups and bake until egg is slightly set but still slightly undercooked, 9 to 10 minutes.

**5.** Meanwhile, in a medium bowl, whisk together flour, cornmeal, baking powder, baking soda and salt. In a medium bowl or a blender, combine buttermilk, melted butter, remaining 1 egg and honey until well blended. Pour wet ingredients into dry ingredients and stir until just combined. Add remaining half of onions, zucchini and corn to the batter. Gently fold until just combined.

**6.** Spoon cornbread mixture on top of each frittata muffin, distributing evenly between them. Carefully return to oven and bake until the cornbread layer is cooked through and springs back when pressed lightly in center, 12 to 14 minutes. Serve warm or at room temperature. Keep in the fridge for up to 2 days; heat in a toaster oven at 350°F until warmed. Can also be frozen, thawed in the fridge and then heated.

**PER SERVING** (1 muffin): Calories: 176, Total Fat: 12 g, Sat. Fat: 4 g, Monounsaturated Fat: 5.5 g, Polyunsaturated Fat: 1 g, Carbs: 13 g, Fiber: 1 g, Sugars: 5 g, Protein: 6 g, Sodium: 256 mg, Cholesterol: 135 mg

## Radishes with Minted Yogurt Dip

SERVES **4**.  
HANDS-ON TIME: **5 MINUTES**.  
TOTAL TIME: **35 MINUTES**.

A fresh and creamy dip infused with fragrant mint. Radishes work well as sturdy scoopers for heavy dollops of rich yogurt dip.

- 2 cups** plain Greek yogurt
- ½ cup** loosely packed cup fresh mint, finely chopped
- 1 tbsp** olive oil
- 1 bunch** red radishes, cut into ⅛-inch-thick rounds (about 2 cups sliced)

In a small bowl, combine yogurt, mint and oil. Cover and refrigerate for at least 30 minutes. Serve with radishes. (**MAKE AHEAD:** Yogurt dip can be prepared up to 2 days in advance.)

**PER SERVING** (½ cup yogurt and ½ cup radishes): Calories: 112, Total Fat: 3 g, Sat. Fat: 0.5 g, Carbs: 8 g, Fiber: 1 g, Sugars: 6 g, Protein: 13 g, Sodium: 74 mg, Cholesterol: 0 mg









## Gluten-Free Seed Crackers

SERVES 8. HANDS-ON TIME: 15 MINUTES. TOTAL TIME: 1 HOUR.

Homemade gluten-free crackers? You bet. Crackers are the ultimate snack food; they're crunchy, savory and the perfect vehicle for your favorite hummus or olive oil. These savory crackers also pair nicely with jams, chutneys and regular or nut cheeses.

- 2 cups** cooked white quinoa
- 2 cups** cooked brown rice
- ⅔ cup** chia seeds
- 2 tbsp** lemon zest  
+ ¼ cup fresh lemon juice
- 1 tsp** ground black pepper
- ½ tsp** sea salt
- ¼ cup** extra-virgin olive oil

1. Preheat oven to 300°F.

2. To a food processor, add all ingredients except oil. Process until a mushy, doughlike consistency has formed, about 3 minutes.

3. Divide mixture into 4 balls. Place 1 ball between 2 sheets of parchment paper and roll out until slightly less than ¼ cm thick. Remove top sheet of parchment and cut dough into 1½-inch squares. Poke each square 3 times with a fork, then slide

bottom parchment with dough onto a large baking sheet. Repeat with remaining dough balls and transfer each to a separate baking sheet.

(**NOTE:** You can do this in batches depending on how many baking sheets you have.) Using a pastry brush, brush top of each sheet of dough with about ½ tbsp oil.

4. Bake for 25 minutes, then carefully separate crackers. Flip over and brush other side with another ½ tbsp oil per tray; bake for an additional 20 to 30 minutes, until crackers are crispy and slightly brown. (**TIP:** Make sure to keep a close eye on them so that they don't burn.) Set aside to cool. Store in a resealable bag at room temperature.

**PER SERVING** (⅛ of crackers): Calories: 213, Total Fat: 9 g, Sat. Fat: 1 g, Monounsaturated Fat: 3 g, Polyunsaturated Fat: 4 g, Carbs: 28 g, Fiber: 7 g, Sugars: 1 g, Protein: 6 g, Sodium: 126 mg, Cholesterol: 0 mg

## Broccoli Pesto

MAKES 1¼ CUPS.

HANDS-ON TIME: 15 MINUTES.

TOTAL TIME: 15 MINUTES.

Pesto can be used in countless ways – as a pizza topper, a flavor booster for proteins, stirred into noodles or baked into bread, just to name a few. It's also fantastic for dipping your favorite homemade crackers into. Try this unique broccoli version for a nutritious, adventurous twist.

- 2 tbsp** unsalted pine nuts
- 2 cups** steamed broccoli florets, cooled
- ½ cup** packed fresh basil
- ⅓ cup** extra-virgin olive oil
- 2 tbsp** fresh lemon juice
- 1 tbsp** nutritional yeast
- 1 clove** garlic, roughly chopped
- ½ tsp** sea salt
- ¼ tsp** red pepper flakes

1. To a small skillet on low, add pine nuts. Toast for 3 to 5 minutes until golden brown, stirring frequently. Remove from heat and transfer to a plate to cool.

2. Meanwhile, to a food processor or high-speed blender, add broccoli, basil, oil, lemon juice, yeast, garlic, salt and pepper flakes. Blend to a thick paste. Add pine nuts and just enough water to blend the mixture into a smooth sauce (2 to 3 tbsp). Refrigerate pesto until ready to use.

**PER SERVING** (¼ cup): Calories: 129, Total Fat: 12.5 g, Sat. Fat: 1.5 g, Monounsaturated Fat: 9 g, Polyunsaturated Fat: 2 g, Carbs: 4 g, Fiber: 2 g, Sugars: 0 g, Protein: 2 g, Sodium: 178 mg, Cholesterol: 0 mg





## Potato & Pea Samosas

MAKES **16 SAMOSAS**.

HANDS-ON TIME: **30 MINUTES**.

TOTAL TIME: **1 HOUR, 10 MINUTES**.

These samosas have a kick, so if you'd like to keep them milder, reduce the amount of cayenne or skip it altogether.

- 2 cups** white whole wheat flour + additional to dust surface
- 1 tsp** sea salt, divided
- 6 tbsp** safflower oil, divided + additional for brushing
- 1½ cups** cubed and peeled Russet potato
- 1 small** yellow onion, diced
- 1 tbsp** peeled and minced ginger
- 2 cloves** garlic, minced
- 1 tsp** each ground cumin and fennel seeds
- ½ tsp** each ground black pepper and cayenne pepper
- 1 cup** frozen peas, thawed
- ¼ cup** chopped fresh cilantro
- ½ cup** full-fat plain yogurt
- 2 tsp** yellow curry powder
- 1 tsp** raw honey

**1.** In a food processor, pulse flour and ½ tsp salt 2 to 3 times. Add 5 tbsp oil and pulse until mixture looks slightly crumbly, 4 to 6 pulses. Add ½ cup warm water and pulse until dough comes together. Turn dough out onto a lightly floured surface and knead 2 to 3 times, until firm. Cover with a damp kitchen towel and let sit, 30 minutes.

**2.** Place potato in a steamer basket and set over a large pot of simmering water. Steam until potatoes are just fork-tender but not falling apart, 15 minutes. Transfer potatoes to a bowl to cool slightly.

**3.** Preheat oven to 350°F. Line a large baking sheet with parchment paper.

**4.** In a large skillet on medium, heat remaining 1 tbsp oil. Add onion and cook, stirring frequently, until softened and golden, 4 to 5 minutes. Add ginger and garlic and cook, stirring frequently, until fragrant, 1 minute. Add cumin, fennel seeds, black pepper, cayenne and remaining ½ tsp salt and stir to combine. Add peas and cook until slightly softened, 1 to 2 minutes. Add potato and stir to coat. Remove from heat and stir in cilantro. Set aside.

**5.** On a lightly floured surface, knead dough 3 to 4 times and divide into 8 balls. Cover with a damp kitchen towel. Roll out 1 ball into a 6-inch circle. Cut circle in half with a pastry cutter or sharp knife. Place 1 rounded tablespoon potato filling in the middle of each semi-circle. Brush edges of pastry with water and fold one side over the filling then the other to completely encase the filling, lightly pressing edges to seal. Place on prepared baking sheet. Cover samosas with damp kitchen towel. Repeat with remaining dough. Remove kitchen towel from baking sheet. Brush samosas lightly with oil. Bake for 30 to 35 minutes, until golden brown and crisp. Cool on baking sheet.

**6.** Meanwhile, in a small bowl, combine yogurt, curry powder and honey. Serve with samosas. (**NOTE:** Samosas can be eaten warm or at room temperature. Pack samosas and sauce separately.)

**PER SERVING** (1 samosa): Calories: 133, Total Fat: 7 g, Sat. Fat: 1 g, Monounsaturated Fat: 1 g, Polyunsaturated Fat: 5 g, Carbs: 15 g, Fiber: 3 g, Sugars: 2 g, Protein: 3 g, Sodium: 127 mg, Cholesterol: 1 mg





## Chile Almonds

SERVES **8**.

HANDS-ON TIME: **5 MINUTES**.

TOTAL TIME: **20 MINUTES**.

The perfect balance of sweet and spicy, these roasted nuts are the ideal protein-rich snack.

- 1** egg white
- 2 tsp** each Sucanat and chile powder
- 1 cup** roasted unsalted almonds

**1.** Preheat oven to 350°F. In a medium bowl, whisk egg white until foamy, 1 minute. Stir in Sucanat and chile powder. Add almonds; toss to coat.

**2.** Using a slotted spoon, transfer almonds to a small parchment-lined baking sheet; discard remaining egg mixture. Bake until fragrant and toasted, 12 to 14 minutes, keeping a close eye to prevent burning.

**3.** Carefully lift parchment with almonds from sheet and transfer to a rack. Cool completely. Store in an airtight container for up to 1 week.

**PER SERVING** (2 tbsp): Calories: 111, Total Fat: 9 g, Sat. Fat: 1 g, Monounsaturated Fat: 6 g, Polyunsaturated Fat: 2 g, Carbs: 5 g, Fiber: 2 g, Sugars: 2 g, Protein: 4 g, Sodium: 14 mg, Cholesterol: 0 mg

## Crunchy Garam Masala Chickpeas

SERVES **6**.

HANDS-ON TIME: **5 MINUTES**.

TOTAL TIME: **50 MINUTES**.

Those with a soft spot for crunchy snacks will love this exotic version of typically tender chickpeas.

- 3 cups** cooked chickpeas (or 2 15-oz BPA-free cans, rinsed and drained)
- 2 tbsp** olive oil
- ½ tsp** garam masala
- ¼ tsp** sea salt

**1.** Preheat oven to 400°F. On a large baking sheet, drizzle chickpeas with oil and toss to coat. Spread on sheet. Bake, stirring occasionally, until very crisp, about 45 minutes.

**2.** Sprinkle with garam masala and salt. Serve warm or at room temperature. Store in an airtight container for up to 4 days.

**PER SERVING** (¼ cup): Calories: 182, Total Fat: 6 g, Sat. Fat: 1 g, Carbs: 25 g, Fiber: 5 g, Sugars: 1 g, Protein: 8 g, Sodium: 113 mg, Cholesterol: 0 mg

## Creamy Dill & Cannellini Bean Dip

SERVES **10**.

HANDS-ON TIME: **15 MINUTES**.

TOTAL TIME: **15 MINUTES**.

- 18 oz** BPA-free canned cannellini beans (aka white kidney beans), drained and rinsed
- ⅓ cup** chopped fresh dill
- ¼ cup** extra-virgin olive oil
- 1** lemon, zested and juiced
- 1 to 2** large cloves garlic
- sea salt and ground black pepper, to taste
- vegetables for dipping, such as radishes, cucumbers and carrots

Place all ingredients except vegetables into a food processor and blend until completely smooth, about 3 minutes. Serve with vegetables of choice.

**MAKE IT A DRESSING:** Add ½ cup water to recipe to thin out and use it as a salad dressing!

**PER SERVING** (3 tbsp): Calories: 100, Total Fat: 6 g, Sat. Fat: 1 g, Monounsaturated Fat: 4 g, Polyunsaturated Fat: 0.5 g, Carbs: 9 g, Fiber: 4 g, Sugars: 0.5 g, Protein: 3 g, Sodium: 83 mg, Cholesterol: 0 mg







**TIP:** To freeze for future use, let cakes cool, wrap in parchment paper and freeze in a resealable bag or storage container. To reheat, place on a baking sheet lined with parchment paper and bake in a 375°F oven until heated through, about 15 minutes.

## Radish, Fennel & Carrot Cakes

MAKES 14 CAKES. HANDS-ON TIME: 40 MINUTES. TOTAL TIME: 40 MINUTES.

This veg-centric take on fish cakes is a fiber-rich snack to help you avoid afternoon energy slumps. Make it into a meal by pairing with a leafy green salad or with sautéed or steamed greens.

- ½ cup** whole-grain spelt flour
- 1 tbsp** ground flaxseeds
- 1 tbsp** paprika
- 1 tbsp** dulse flakes (**TIP:** Dulse flakes give the cakes a fishlike flavor, but you can omit if you can't find them.)
- 2 tsp** ground coriander
- ½ tsp** sea salt
- ¼ tsp** ground black pepper
- 1½ cups** grated carrots
- 1 cup** BPA-free canned unsalted chickpeas, drained and rinsed
- 1 cup** grated fennel
- 1 cup** grated radishes
- ¼ cup** fresh dill, chopped

- 2 tsp** lemon zest + ¼ cup fresh lemon juice
- 2 large** eggs, lightly beaten
- 2 tbsp** grape seed oil, divided

### GARNISH, OPTIONAL

hummus, Broccoli Pesto (recipe, page 44), yogurt, cucumber slices, fresh dill, as desired

**1.** In a small bowl, mix together flour, flaxseeds, paprika, dulse, coriander, salt and pepper.

**2.** In a large bowl, mix together carrots, chickpeas, fennel, radishes, dill, lemon zest, lemon juice and eggs. Toss to coat vegetables evenly.

**3.** Add flour mixture to egg mixture. Combine until incorporated.

**4.** In a large sauté pan on medium-high, heat 2 tsp oil. Working in batches, using a ¼-cup measure per cake, add 5 scoops batter to pan. Cook until golden brown, about 4 minutes. Flip and press cakes to flatten them to approximately 3 inches in diameter. Cook on second side until golden brown, about 3 minutes. Repeat two more times with remaining oil and batter, making a total of 14 cakes.

**5.** To serve, garnish with your choice of hummus, Broccoli Pesto, cucumber and/or fresh dill.

**PER SERVING** (1 cake): Calories: 75, Total Fat: 3 g, Sat. Fat: 0.5 g, Carbs: 9 g, Fiber: 2 g, Sugars: 2 g, Protein: 3 g, Sodium: 98 mg, Cholesterol: 27 mg





## Chickpea Pancakes *with White Bean & Basil Tapenade*

SERVES 8. HANDS-ON TIME: 15 MINUTES. TOTAL TIME: 1 HOUR, 40 MINUTES.

Called socca in France or farinata in Italy, this savory pancake is a traditional street food and cherished favorite among the locals of both regions. In our version, we've added more fiber and antioxidants by jazzing it up with a white bean purée.

- 1 cup** chickpea flour (aka garbanzo bean flour)
- 5 tbsp** olive oil, divided
- ½ tsp** sea salt + additional to taste, divided
- 1 cup** BPA-free canned or cooked cannellini beans or white kidney beans, drained and rinsed
- 2 tbsp** chopped fresh basil leaves + additional for garnish
- 1 clove** garlic, minced
- ground black pepper, to taste

- 1.** Preheat oven to 450°F.
- 2.** Prepare pancake: Pour 1⅓ cups water into a medium bowl. Add flour to bowl slowly, whisking in until smooth. Let mixture stand at room temperature for at least 1 hour. Stir in 2 tbsp oil and ½ tsp salt.
- 3.** Heat a 10-inch cast iron or oven-safe heavy skillet on medium-high. Add 2 tbsp oil, pour in batter and cook for 30 seconds to 1 minute, until edges of pancake begin to turn golden brown. Do not flip. Place skillet in oven and bake for about 25 minutes, until crisp around edges and light golden brown. Slide pancake onto a cutting board and slice into 8 equal wedges.

- 4.** Meanwhile, prepare tapenade: In a food processor, place beans, remaining 1 tbsp oil, 3 tbsp water, basil and garlic and purée until smooth. Season with additional salt and pepper. Scrape mixture into a sealable container, cover and set aside until needed. (Mixture can be stored for 1 to 2 days in the refrigerator.)

- 5.** To serve, spread 1 tbsp bean purée onto each pancake wedge. Garnish with additional basil leaves, if desired. Eat as you would a slice of pizza – with your hands!

**PER SERVING** (1 2-inch pancake wedge and 1 tbsp bean purée): Calories: 149, Total Fat: 9 g, Sat. Fat: 1 g, Monounsaturated Fat: 7 g, Polyunsaturated Fat: 1 g, Carbs: 11 g, Fiber: 3 g, Sugars: 1 g, Protein: 4 g, Sodium: 32 mg, Cholesterol: 0 mg



## Herbed Parmesan Popcorn with Brazil Nuts

MAKES **10 TO 12 CUPS.**  
HANDS-ON TIME: **20 MINUTES.**  
TOTAL TIME: **20 MINUTES.**

Make your own seasoned popcorn for an anytime snack. Ours uses rosemary and garlic powder and, of course, Parmesan, for a salty, cheesy flair.

- ½ cup** grated Parmesan or Pecorino cheese
- 1 tsp** fresh rosemary, minced
- 1 tsp** garlic powder
- ¼ tsp** sea salt
- 2 tbsp** coconut oil
- ½ cup** organic popcorn (**TRY:** Eden Organic Popcorn)
- 1 cup** unsalted Brazil nuts, coarsely chopped
- 1 tbsp** olive oil

**1.** In a small bowl, mix together cheese, rosemary, garlic powder and salt. Set aside.

**2.** In a heavy-bottomed medium pot, heat coconut oil on medium. To pot, add 2 or 3 kernels popcorn and cover with a lid. Once kernels pop, about 2½ to 3 minutes, add remaining popcorn in an even layer and cover, leaving it open about ½ inch to allow steam to escape.

**3.** Shake pot occasionally. If you can't shake it with the lid ajar, then cover the pot, shake and open the lid again when you return the pot to the heat.

**4.** Once the popping slows down to several seconds in between each

pop, remove lid and add Brazil nuts to pot. Transfer popcorn mixture to a serving bowl and drizzle with olive oil. Sprinkle with cheese mixture and toss to coat. In cool climates, store in an airtight plastic bag or container for 3 to 4 days; in warm climates, refrigerate in an airtight container for 3 to 4 days.

**TIP:** If you don't have a lid for your pot, cover the pot with foil and poke a bunch of holes in it with a toothpick to allow the steam to escape.

**PER SERVING** (½ of recipe): Calories: 294, Total Fat: 24 g, Sat. Fat: 9 g, Monounsaturated Fat: 8 g, Polyunsaturated Fat: 6 g, Carbs: 15 g, Fiber: 4 g, Sugars: 1 g, Protein: 7 g, Sodium: 204 mg, Cholesterol: 6 mg





## Cinnamon Pita Crackers

**SERVES 6.**

**HANDS-ON TIME: 5 MINUTES.**

**TOTAL TIME: 15 MINUTES.**

Sweet and crispy, these cinnamon-toasted crackers are made from 100% whole-grain pitas and are a trusty tool for staying satisfied between meals.

**1 tbsp** safflower oil

**1 tsp** each ground cinnamon and Sucanat

**4 6-inch** whole-grain pitas

**1.** Preheat oven to 350°F.

In a small bowl, combine oil, cinnamon and Sucanat.

**2.** Brush mixture over both sides of each pita. Cut each pita into 8 triangles and split each in half, separating the 2 layers. Arrange in a single layer on a large baking sheet. Bake until crisp, about 10 minutes. Let cool completely on baking sheet. Store in an airtight container for up to 1 week.

**PER SERVING** (11 crackers): Calories: 137, Total Fat: 3 g, Sat. Fat: 0 g, Carbs: 24 g, Fiber: 3 g, Sugars: 1 g, Protein: 4 g, Sodium: 227 mg, Cholesterol: 0 mg





## Sweet & Spicy Nuts *with Oven-Dried Edamame*

SERVES 8. HANDS-ON TIME: 15 MINUTES. TOTAL TIME: 35 MINUTES.\*

\*PLUS COOLING TIME.

This crunchy snack contains a healthful amount of good-for-you fats as well as plant-based fiber and protein. Don't step away from the stove when working with hot syrup; it can burn and harden quickly.

- 1 cup** frozen shelled organic edamame, thawed and patted dry
- 3 tbsp** pure maple syrup
- ¾ tsp** ground cayenne pepper
- ½ cup** raw unsalted pecans
- ½ cup** raw unsalted almonds
- ½ cup** raw unsalted cashews
- ¼ tsp** sea salt

**1.** Preheat oven to 400°F. Line a rimmed baking sheet with parchment paper. Spread edamame

evenly across parchment. Bake until dried and crispy, 20 to 23 minutes. Set aside to cool.

**2.** Meanwhile, in a small bowl, combine maple syrup and cayenne. To a large skillet, add pecans, almonds and cashews. Drizzle syrup mixture over nuts and stir to coat. Place on medium-high heat and cook, stirring often, until syrup bubbles, about 1 minute. Reduce heat to medium-low and cook, stirring, for 30 seconds. Add edamame and stir to coat.

**3.** Pour edamame-nut mixture over parchment on same baking sheet and spread in a single layer. Return baking sheet to 400°F oven and bake until nuts are browned, 5 to 8 minutes. Remove from oven and sprinkle immediately with salt. Cool completely on baking sheet. Store in an airtight container at room temperature.

**PER SERVING** (¼ cup): Calories: 170, Total Fat: 13 g, Sat. Fat: 1 g, Monounsaturated Fat: 7 g, Polyunsaturated Fat: 3 g, Carbs: 11 g, Fiber: 3 g, Sugars: 6 g, Protein: 5.5 g, Sodium: 63 mg, Cholesterol: 0 mg





## Superfood Scones

SERVES **6**. HANDS-ON TIME: **30 MINUTES**. TOTAL TIME: **45 MINUTES**.

Light, flaky whole-wheat pastry and antioxidant-loaded superfoods – such as hemp, cacao nibs and pecans – make this a healthy alternative to a baked good from your local coffee shop.

<b>1½ cups</b>	whole-wheat pastry flour or spelt flour + additional for dusting	<b>½ cup</b>	unsweetened raisins or currants
<b>1½ tsp</b>	baking powder	<b>¼ cup</b>	chopped unsalted pecans
<b>¾ tsp</b>	orange zest	<b>¼ cup</b>	raw cacao nibs (or use ¼ cup dark chocolate chunks and reduce maple syrup to 2 tbsp)
<b>¾ tsp</b>	(¼ + ½ tsp) baking soda ( <b>TRY:</b> Bob's Red Mill Baking Soda)	<b>2 tbsp</b>	hemp hearts
<b>¼ tsp</b>	sea salt	<b>½ cup</b>	cold buttermilk + additional as needed
<b>6 tbsp</b>	cold organic unsalted butter ( <b>TIP:</b> Keep in fridge until ready to use.)	<b>2½ tbsp</b>	pure maple syrup (preferably Grade A)
		<b>½ tsp</b>	pure vanilla extract

**1.** Preheat oven to 450°F. Line a baking sheet with parchment paper.

**2.** In a large mixing bowl, whisk together flour, baking powder, orange zest, baking soda and salt. Cut butter into pieces and use a pastry cutter or your fingertips to work butter into flour mixture, making a coarse meal with a few larger chunks.

**3.** Add raisins, pecans, cacao nibs and hemp hearts to bowl and stir to combine.

**4.** In a separate mixing bowl, whisk together buttermilk, maple syrup and vanilla. Slowly add buttermilk mixture to flour-butter mixture, stirring to combine, just until mixture begins to form clumps. (**NOTE:** If any dry flour remains, add more buttermilk as necessary, 1 tbsp at a time, until flour is incorporated.)

**5.** Transfer mixture to baking sheet. Lightly dust your hands with flour and gather mixture into a ball, squeezing to form a dough (it may still crumble slightly).

**6.** Flatten dough to 1-inch thickness and fold in half. Flatten and fold once more. Gently shape into a 1-inch-thick, 6-inch-diameter round. Cut into 6 wedges, then arrange them ½ inch apart. (Alternatively, shape into a rectangle and cut into squares.)

**7.** Brush tops with buttermilk. Bake scones until puffed, golden brown on top, and hollow-sounding when tapped on bottoms, 15 to 18 minutes. Store at room temperature for 2 to 3 days or freeze for longer-term storage.

**PER SERVING** (1 scone): Calories: 377, Total Fat: 20 g, Sat. Fat: 9 g, Monounsaturated Fat: 6 g, Polyunsaturated Fat: 3 g, Carbs: 44 g, Fiber: 9 g, Sugars: 20 g, Protein: 6 g, Sodium: 281 mg, Cholesterol: 33 mg



## Almond & Goat Cheese–Stuffed Strawberries

**SERVES 2.**

**HANDS-ON TIME: 10 MINUTES.**

**TOTAL TIME: 10 MINUTES.**

Fresh strawberries get a luscious twist from tangy goat cheese.

**2 oz** goat cheese, crumbled (about ½ cup)

**12** toasted almonds, roughly chopped

**Pinch** ground black pepper, or to taste

**12 large** strawberries, cored

In a small bowl, combine cheese, almonds and pepper. Stuff strawberries with cheese mixture, dividing evenly. **(MAKE AHEAD:** May be made up to 1 day in advance and refrigerated in an airtight container.)

**PER SERVING** (6 strawberries): Calories: 156, Total Fat: 10 g, Sat. Fat: 4 g, Monounsaturated Fat: 4 g, Polyunsaturated Fat: 1 g, Carbs: 10 g, Fiber: 3 g, Sugars: 6 g, Protein: 7 g, Sodium: 15 mg, Cholesterol: 13 mg



## Crispy Apple Chips

**SERVES 3. HANDS-ON TIME: 10 MINUTES. TOTAL TIME: 2 HOURS, 10 MINUTES.**

These sweet, delicate munchies will satisfy your midday urge for a crunch. If you prefer chewy chips, though, remove them from the oven after 1½ hours.

**3 small** apples (any variety), stemmed

overlapping. Bake for 2 hours, until apples are dry and crisp.

**1.** Preheat oven to 275°F. Line 2 large baking sheets with parchment paper.

**2.** Using a sharp knife or mandoline, slice apples into ⅛-inch-thick rounds, cutting widthwise through the core. Arrange slices close together in a single layer but not

**3.** Enjoy warm, or carefully remove slices from sheets and transfer to a wire rack to cool. Store at room temperature for 3 to 4 days.

**PER SERVING** (1 apple or about 30 chips): Calories: 77, Total Fat: 0 g, Sat. Fat: 0 g, Carbs: 21 g, Fiber: 4 g, Sugars: 15 g, Protein: 0 g, Sodium: 2 mg, Cholesterol: 0 mg







## Chocolate Banana Bonbons

SERVES **4**. HANDS-ON TIME: **10 MINUTES**. TOTAL TIME: **1 HOUR, 10 MINUTES**.

Forget about ice cream – these two-ingredient creamy, chocolaty treats make an indulgent frozen snack.

**2 oz** 70% cocoa dark chocolate chips or chocolate, chopped)

**2** bananas, peeled and sliced into ½-inch-thick rounds

**1.** In a small saucepan on medium, melt chocolate, stirring often,

until smooth, about 2 to 5 minutes; watch closely to prevent chocolate from burning.

**2.** Dip 1 side of each banana round into chocolate and transfer, chocolate side up, to a medium parchment-lined baking sheet. Freeze until chocolate hardens and

bananas are frozen through, about 1 hour. Serve immediately or transfer to a large zip-top bag or airtight container and freeze for up to 1 month.

**PER SERVING** (6 bonbons): Calories: 119, Total Fat: 4 g, Sat. Fat: 3 g, Carbs: 23 g, Fiber: 2 g, Sugars: 12 g, Protein: 1 g, Sodium: 2 mg, Cholesterol: 0 mg



## Sweet or Savory Maple Squash Muffins

MAKES 12 MUFFINS.  
HANDS-ON TIME: 15 MINUTES.  
TOTAL TIME: 45 MINUTES.

The base of these muffins is just mildly sweet, meaning you can go one of two ways with your add-ins: Incorporate dark chocolate chips for a sweet version, or add sesame seeds and green onions for a savory spin.

- 1¾ cups** whole-wheat flour
- 2 tsp** each ground cinnamon and baking powder
- ½ tsp** each baking soda, nutmeg and sea salt
- ½ cup** plain unsweetened almond milk
- ½ cup** butternut squash purée (unsweetened canned or freshly steamed and mashed)
- ½ cup** pure maple syrup
- ¼ cup** melted coconut oil

### SWEET OPTION

- ⅓ cup** dark chocolate chips (70% or greater)

### SAVORY OPTION

- 2 tbsp** finely chopped green onion
- 2 tbsp** sesame seeds

- 1.** Preheat oven to 350°F. Line a 12-cup muffin tin with paper liners.
- 2.** In a medium bowl, combine flour, cinnamon, baking powder, baking soda, nutmeg and salt.
- 3.** In a large bowl, whisk together milk, squash purée and maple syrup. Add coconut oil, whisking vigorously to combine. Add dry ingredients to the wet and stir until just incorporated; do not over-mix.

- 4.** For sweet muffins, fold in chocolate chips. For savory muffins, fold in green onion and seeds. Spoon batter evenly into muffin cups.

- 5.** Bake for 25 to 28 minutes, or until a toothpick inserted comes out mostly clean. Let muffins cool for 5 minutes in the pan, then transfer to a rack to finish cooling. If storing, wrap cooled muffins in plastic wrap and store in a cool, dark place for up to 4 days. Alternatively, freeze for up to 3 months.

**PER SERVING** (1 sweet muffin): Calories: 179, Total Fat: 8 g, Sat. Fat: 5 g, Monounsaturated Fat: 1 g, Polyunsaturated Fat: 1 g, Carbs: 26.5 g, Fiber: 3 g, Sugars: 10 g, Protein: 3 g, Sodium: 234 mg, Cholesterol: 0 mg

**PER SERVING** (1 savory muffin): Calories: 152, Total Fat: 6 g, Sat. Fat: 4 g, Monounsaturated Fat: 1 g, Polyunsaturated Fat: 1 g, Carbs: 24 g, Fiber: 3 g, Sugars: 8 g, Protein: 3 g, Sodium: 234 mg, Cholesterol: 0 mg







## Baked Custard *with Fresh Berry Compote*

SERVES **1**. HANDS-ON TIME: **5 MINUTES**. TOTAL TIME: **25 MINUTES**.

Satisfy your sweet tooth with this wholesome custard – this rich, velvety dessert is the perfect treat to bring to work or keep on hand as a midafternoon snack.

You can easily double or triple the recipe to make a larger batch.

- 1** egg
- ⅓ cup** whole milk
- 2 tsp** raw honey
- ¼ tsp** pure vanilla extract
- ¼ cup** roughly chopped fresh berries of choice
- 1 tsp** fresh lime juice
- 1 sprig** fresh mint

### EQUIPMENT:

- 1 1-cup** oven-safe glass jar with lid

- 1.** Preheat oven to 400°F. Lightly mist inside of jar with cooking spray. Bring a kettle of water to a boil.
- 2.** In a medium bowl, whisk egg, milk, honey and vanilla. Pour into jar. Transfer jar to a roasting pan or ovenproof casserole dish and fill pan with just enough boiling water to go halfway up sides of jar. Bake until

set, 20 minutes. Remove from oven and water bath and set aside until cooled to room temperature.

- 3.** Meanwhile, in a small glass bowl, combine berries and lime juice. Spread over custard and top with mint. Cover with lid and refrigerate. Make up to 1 day ahead.

**PER SERVING** (1 jar): Calories: 169, Total Fat: 6 g, Sat. Fat: 2 g, Monounsaturated Fat: 2 g, Polyunsaturated Fat: 1 g, Carbs: 20 g, Fiber: 2 g, Sugars: 18 g, Protein: 9.5 g, Sodium: 114 mg, Cholesterol: 213 mg





## Peach Pecan Snack Bread

SERVES **16**. HANDS-ON TIME: **15 MINUTES**. TOTAL TIME: **45 MINUTES**.

Sweetened only with peaches and dates, this bread won't send you on a sugar high; instead, you'll have sustained energy throughout your day.

- 1 cup** whole-wheat pastry flour
- 1 cup** stone-ground whole-grain yellow cornmeal
- 1 tsp** each ground cinnamon, baking powder and baking soda
- ¼ tsp** sea salt
- 2 cups** fresh or frozen sliced peaches, thawed, divided
  - 12** Medjool dates, pitted and chopped into ½-inch pieces
- ½ cup** BPA-free canned coconut milk
- 1 tbsp** olive oil
- 2 tsp** pure vanilla extract
- ¼ cup** chopped raw unsalted pecans

- 1.** Preheat oven to 375°F. Line an 8-inch square baking dish with parchment paper.
- 2.** In a large bowl, whisk flour, cornmeal, cinnamon, baking powder, baking soda and salt; set aside.
- 3.** In a blender, combine 1 cup peaches, dates, milk, oil and vanilla and blend until dates are finely chopped and mixture is mostly smooth, 45 seconds to 1 minute. Make a well in the flour mixture and pour date mixture into center of well. With a rubber spatula, fold gently to combine. Spoon into baking dish, using spatula to spread evenly over surface.

- 4.** Chop remaining 1 cup peaches into ¼-inch pieces and scatter over top of batter. Sprinkle with pecans and bake in center of oven for 40 to 45 minutes, until a toothpick inserted in center comes out clean. Lift cake from pan by edges of parchment and transfer to a wire rack. Let cool completely before cutting into 16 2-inch squares. Store in an airtight container at room temperature for up to 2 days or freeze for longer-term storage.

**PER SERVING** (2-inch square): Calories: 140, Total Fat: 3 g, Sat. Fat: 1 g, Carbs: 28 g, Fiber: 3 g, Sugars: 14 g, Protein: 2 g, Sodium: 113 mg, Cholesterol: 0 mg





## Apple Fig Thumbprints

SERVES **12**. HANDS-ON TIME: **10 MINUTES**. TOTAL TIME: **45 MINUTES**.

A cross between a fig bar and an oatmeal cookie, these whole-grain thumbprints taste so decadent, they'll obliterate your cookie cravings.

- 12** dried unsweetened figs, stemmed and chopped into ⅛-inch pieces (about ½ cup)
- 1** egg, beaten
- ¾ cup** unsweetened applesauce, divided
- ¼ cup** Sucanat
- 2 tbsp** safflower oil
- 1 tsp** pure vanilla extract
- 1 cup** whole-wheat pastry flour
- ½ cup** rolled oats (**NOTE:** Not quick-cooking oats.)
- 1 tsp** baking powder
- ½ tsp** ground cinnamon
- ¼ tsp** sea salt

**1.** Preheat oven to 375°F. Line 2 large baking sheets with parchment paper. In a large bowl, whisk half of figs, egg, ½ cup applesauce, Sucanat, oil and vanilla; set aside.

**2.** In a small bowl, whisk flour, oats, baking powder, cinnamon and salt. Using a rubber spatula, fold dry ingredients into fig mixture. Drop 24 scant tablespoons of mixture onto baking sheets. Lightly wet your thumb and gently press into center of each cookie to create a shallow indentation about ⅛ to ¼ inch deep. Bake on middle racks of oven for 20 to 25 minutes, until golden.

**3.** Meanwhile, in a small saucepan, combine remaining figs and ¼ cup applesauce. Heat on medium-high, bring to a simmer and cook for 5 minutes, until thick and sticky. Remove from heat and let cool for 10 to 15 minutes.

**4.** Drop ¼ tsp fig mixture into indentation of each cookie and spread lightly with the back of a spoon. Transfer to a wire rack to cool completely. Store in an airtight container for up to 5 days.

**PER SERVING** (2 cookies): Calories: 121, Total Fat: 3 g, Sat. Fat: 0 g, Carbs: 21 g, Fiber: 3 g, Sugars: 9.5 g, Protein: 2 g, Sodium: 50 mg, Cholesterol: 18 mg



## Date & Apricot Balls

MAKES 20 BALLS. HANDS-ON TIME: 15 MINUTES. TOTAL TIME: 20 MINUTES.

Whip up a batch of these tasty little powerballs for the perfect afternoon pick-me-up or after-dinner treat with just the right amount of sweetness.

- ⅓ cup** dried unsweetened apricots
- 2 cups** pitted dates
- 1 cup** old-fashioned rolled oats
- 3 tbsp** natural almond butter
- ¼ cup** unsweetened shredded coconut

**1.** Place apricots in a heat-proof bowl and cover with boiling water. Let stand 5 minutes. Drain and finely chop.

**2.** In a food processor, process dates and apricots for 2 to 3 minutes, stopping to scrape down sides of bowl as necessary. Add oats and almond butter and pulse 4 to 5 times to combine. Form into 1-inch balls (about 1½ tsp mixture per

ball). Place coconut in a small plate. Roll each ball in coconut. Store in an airtight container at room temperature for 3 days; refrigerate or freeze for longer-term storage.

**PER SERVING** (2 balls): Calories: 163, Total Fat: 4.5 g, Sat. Fat: 1.5 g, Carbs: 31.5 g, Fiber: 4 g, Sugars: 21 g, Protein: 3 g, Sodium: 2 mg, Cholesterol: 0 mg







## Superfood Chocolate Cookies

SERVES **12**. HANDS-ON TIME: **20 MINUTES**. TOTAL TIME: **40 MINUTES**.

\*PLUS COOLING TIME.

We've packed six health-boosting superfoods – oats, coconut, chia, cinnamon, maca and dark chocolate – into these chewy, delicious cookies for the ultimate on-the-run breakfast or snack that will truly satisfy your taste buds.

- 2 oz** chopped dark chocolate (70% or greater) or cacao nibs
- 2 cups** rolled oats
- 1 cup** shredded unsweetened coconut
- ¼ cup** ground chia seeds
- ¼ cup** unsweetened raisins
- 2 tbsp** maca powder (**TRY:** Navitas Naturals Maca Powder)
- 1 tbsp** brewer's yeast
- 1 tsp** ground cinnamon
- 2** bananas

- ¼ cup** natural unsalted peanut butter
- ¼ cup** pure maple syrup
- 1 tsp** pure vanilla extract

**1.** Preheat oven to 350°F. In a medium bowl, mix together chocolate, oats, coconut, chia, raisins, maca, yeast and cinnamon. In a separate bowl, with an electric mixer on medium, blend bananas, peanut butter, maple syrup and vanilla until smooth; pour over dry ingredients and stir to combine.

**2.** Using a large cookie scoop (about ¼ cup), scoop dough onto a large parchment-lined baking sheet. Moisten fingers and flatten cookies slightly. Bake for 20 minutes, or until golden. Cool on sheet and then transfer to an airtight container; store at room temperature for 2 days or in the fridge for up to 1 week.

**PER SERVING** (1 cookie): Calories: 228, Total Fat: 11 g, Sat. Fat: 5 g, Monounsaturated Fat: 3 g, Polyunsaturated Fat: 2 g, Carbs: 29 g, Fiber: 6 g, Sugars: 12 g, Protein: 5 g, Sodium: 9 mg, Cholesterol: 0 mg



## Tropical Energy Bites

MAKES 20 BITES.

HANDS-ON TIME: 20 MINUTES.

TOTAL TIME: 20 MINUTES.


These fruit- and nut-packed energy bites are the ideal grab-and-go snack, perfect for any time of day.

- ½ cup** raw unsalted walnuts
- ½ cup** raw unsalted almonds
- 3 oz** unsweetened dried mango slices
- 6 large** Medjool dates, pitted
- ¼ cup** dried goji berries
- 1 tsp** pure vanilla extract
- ¼ tsp** ground ginger
- ½ cup** unsweetened shredded coconut
- 2 tbsp** chia seeds

**1.** To a food processor, add walnuts and almonds. Process to the size of small gravel.

**2.** Using kitchen scissors or a sharp knife, cut mango into ¼-inch squares, yielding about 1 cup. To food processor with nuts, add mango, dates, goji berries, vanilla and ginger. Process until clumps form and mixture begins to stick together. Add coconut and chia; process briefly to incorporate, leaving some larger coconut pieces for texture. Transfer to a bowl.

**3.** Working with 1 tbsp, form into a ball, compacting firmly. Repeat with remaining mixture, making about 20 balls. Store in a container at room temperature for 3 days; refrigerate or freeze for longer-term storage.

**PER SERVING** (2 bites): Calories: 180, Total Fat: 10 g, Sat. Fat: 3 g, Monounsaturated Fat: 3 g, Polyunsaturated Fat: 4 g, Carbs: 21 g, Fiber: 4 g, Sugars: 14 g, Protein: 4 g, Sodium: 12 mg, Cholesterol: 0 mg 





# PORTABLE **Lunch & Dinner**

You'll never be bored with your lunch or dinner again with these 34 spectacular options you can make ahead and take with you anywhere. With both hot and cold meals, we've got something to cater to your every mood. Bon appetit!

## WARMING BOWLS

- 64 BANGKOK CURRY BOWLS  
with Rice Noodles & Vegetables
- 64 MOROCCAN-STYLE  
CAULIFLOWER STEW  
with Cannellini Beans
- 65 ITALIAN TURKEY SOUP
- 66 MANGO PEANUT CURRY
- 67 ARTICHOKE CHOWDER
- 68 SMOKY CHICKEN  
& CORN CHILI
- 69 THAI SHRIMP &  
VEGETABLE NOODLE SOUP

## WRAPS & SUSHI

- 70 CHICKEN & SPINACH  
QUESADILLAS  
with Avocado Dipping Sauce
- 71 QUINOA & VEGGIE SUSHI  
with Miso Ginger Sauce
- 72 BAKED FALAFEL PITAS  
with Yogurt Feta Sauce
- 73 TORTILLA SUSHI with  
Salmon & Avocado
- 74 VIETNAMESE CHICKEN  
LETTUCE WRAPS BENTO BOX
- 75 UN-CAESAR SALAD WRAP  
with Eggplant Bacon

## PASTAS

- 76 ASIAN STIR-FRY NOODLE JAR
- 77 CASHEW BROCCOLI  
KELP NOODLES
- 78 CURRY PASTA SALAD
- 79 TRICOLOR PASTA SALAD  
with Tuna
- 80 GREEN GODDESS PASTA SALAD  
with Chicken
- 81 CUCUMBER & KIMCHI  
NOODLE SALAD  
with Shrimp
- 82 CHICKEN PENNE  
with Sun-Dried Tomato  
& Fresh Red Pepper Sauce
- 83 SALSA-STYLE CORN FUSILLI

## SALADS

- 84 CRUNCHY THAI  
BLACK RICE SALAD  
with Peanut Ginger Dressing
- 85 HARVEST SQUASH  
& QUINOA SALAD
- 86 CHINESE CHICKEN SALAD  
with Brussels Sprouts
- 87 HAM, CHEESE &  
SWEET PEPPER SALAD  
with Champagne  
Dijon Dressing
- 88 SOUTHWEST CHICKEN SALAD  
with Whipped Avocado Dressing
- 89 BRIGHT & BOLD  
MILLET TABBOULEH
- 90 CBLT GRAIN SALAD
- 91 FALAFEL SALAD BOWLS
- 92 ARUGULA & GOAT  
CHEESE SALAD  
with Strawberry Vinaigrette
- 92 ROASTED MEDITERRANEAN  
VEGETABLES & GOAT CHEESE  
with Kamut Macaroni
- 94 PESTO CHICKEN  
POTATO SALAD
- 95 ANTIPASTO SALAD SKEWERS
- 96 CHUNKY CHICKPEA  
SALAD ROMAINE BOATS





**Southwest  
Chicken  
Salad**

*with Whipped  
Avocado Dressing*

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## Bangkok Curry Bowls with Rice Noodles & Vegetables

SERVES 4.

HANDS-ON TIME: 20 MINUTES.

TOTAL TIME: 45 MINUTES.

Remember those packages of preservative-laden dehydrated noodles that you probably ditched when you started eating clean? The beauty of those packages was their simplicity – just add boiling water and eat. We've recreated the convenience with this layered noodle bowl with mushrooms, carrots, edamame and bok choy. Simply prepare the broth before leaving the house, store in a heat-proof container and pour over top when you're ready.

- ½ cup** coconut milk  
(**TRY:** Native Forest Unsweetened Organic Coconut Milk Classic)
- ¼ cup** fresh lime juice
- 4 tsp** red curry paste
- 1 tsp** fish sauce
- 4 oz** brown rice vermicelli noodles
- 1 large** carrot, peeled and grated

- ½ large** bunch bok choy (about 8 leaves), thick stems removed and thinly sliced
- 1⅓ cups** sliced mushrooms
- 1 cup** shelled, frozen edamame
- 1 lb** boneless, skinless chicken breasts, cooked, cooled and chopped into bite-size pieces (**NOTE:** Use any cooked chicken you have on hand, or season with salt and pepper and roast in the oven or poach.)
- ¼ cup** chopped fresh cilantro leaves
- 4 cups** low-sodium chicken broth, for serving

### EQUIPMENT:

- 4 1-qt** heat-proof jars or containers
- insulated thermos

- 1.** In a small bowl, whisk together coconut milk, lime juice, curry paste and fish sauce. Cover and refrigerate.
- 2.** Divide noodles, carrot, bok choy, mushrooms, edamame, chicken and cilantro evenly among jars. Cover and refrigerate until ready to serve, up to 4 days.

**3.** To serve, empty the contents of one jar into a heat-proof thermos. In a small saucepan, bring 1 cup broth and 1 cup water to a boil; add one-quarter of coconut milk mixture (about 3½ tbsp) and heat through. Pour into thermos and keep covered until ready to eat. Alternatively, transport heated broth mixture separately in thermos and added to jar just before serving; let stand for 5 minutes before eating. Broth may also be heated in the microwave.

**PER SERVING** (1 jar): Calories: 391, Total Fat: 13 g, Sat. Fat: 7 g, Monounsaturated Fat: 2 g, Polyunsaturated Fat: 1 g, Carbs: 35 g, Fiber: 5 g, Sugars: 4 g, Protein: 38 g, Sodium: 427 mg, Cholesterol: 67 mg

## Moroccan-Style Cauliflower Stew with Cannellini Beans

SERVES 6.

HANDS-ON TIME: 30 MINUTES.

TOTAL TIME: 1 HOUR, 20 MINUTES.

Rich in fiber and warming Moroccan spices, this flavorful stew makes a hearty meal when combined with a baked potato, cooked grains or a fresh side salad.

- 2 tsp** olive oil + additional for drizzling
- 1 large** carrot, halved lengthwise and thinly sliced





# Italian Turkey Soup

SERVES 4. HANDS-ON TIME: 30 MINUTES. TOTAL TIME: 45 MINUTES.

- 1 yellow onion, diced
- 6 large cloves garlic, minced
- 1 tsp sea salt, or to taste
- 1 tsp each ground cumin, turmeric and cinnamon
- 8 large Roma tomatoes, diced (about 5 cups)
- 1 head cauliflower, trimmed and chopped into 1-inch florets (about 6 cups)
- 4 cups low-sodium vegetable broth
- 1/3 cup unsweetened raisins
- 1 1/2 cups cooked cannellini beans (or 1 15-oz BPA-free can, drained and rinsed)
- 20 pitted green olives, thinly sliced
- 6 tbsp finely chopped fresh cilantro, for serving

1. In a large heavy-bottomed pan on medium, heat oil. Add carrot and onion and cook for 3 minutes, stirring occasionally. Add garlic, salt, cumin, turmeric and cinnamon and cook for 30 seconds, stirring constantly. Add tomatoes and cauliflower and cook for 3 minutes more, stirring often.

2. Add broth and raisins; increase heat to high to bring to a boil. Cover and reduce heat to medium-low; simmer for 40 minutes.

3. Stir in beans and olives and cook, covered, for 10 minutes more. Divide among plates and top each serving with 1 tbsp cilantro and drizzle with additional oil.

**PER SERVING** (2 cups): Calories: 242, Total Fat: 8 g, Sat. Fat: 1 g, Monounsaturated Fat: 5.5 g, Polyunsaturated Fat: 1 g, Carbs: 36 g, Fiber: 9 g, Sugars: 18 g, Protein: 8 g, Sodium: 615 mg, Cholesterol: 0 mg

Make it to go: Before you leave the house, bring soup to a simmer in a saucepan on medium-high, stirring occasionally. Divide individual portions into heat-retaining thermoses or containers, keeping basil separate.

- 8 oz lean ground turkey
- 1/4 tsp sea salt, divided
- 3/4 tsp ground black pepper, divided
- 1/2 large white onion, chopped
- 2 cloves garlic, chopped
- 1/2 tsp dried Italian herb blend or dried oregano
- 1/4 tsp red pepper flakes, or to taste
- 2 cups low-sodium chicken broth
- 2 cups jarred or boxed unsalted diced tomatoes, with juices
- 1 1/4 lb butternut squash, peeled and cut into 3/4-inch pieces (about 3 cups)
- 1/2 lb kale, thick stems removed, chopped (about 5 cups)
- 1 15-oz BPA-free can unsalted cannellini beans, drained and rinsed
- 2 tbsp balsamic vinegar
- 1/4 cup chopped fresh basil leaves, optional

1. Mist a Dutch oven or large pot with cooking spray and heat on medium-high. Add turkey, 1/8 tsp salt and 1/4 tsp black pepper and cook, stirring frequently and crumbling with a spoon, until no longer pink, 5 to 6 minutes. Transfer to a paper towel-lined plate. Mist Dutch oven again with cooking spray and return to medium-high. Add onion and sauté for 4 to 5 minutes, stirring occasionally, until lightly browned.

Add garlic, herb blend and pepper flakes, stirring constantly, for 30 seconds. Add broth, 2 cups water, tomatoes, remaining 1/8 tsp salt and remaining 1/2 tsp black pepper. Cover and bring to a simmer.

2. Once simmering, add squash. When liquid returns to a simmer, reduce heat to medium, then cover and simmer for 5 minutes. Add kale and continue simmering until both vegetables are tender, 10 to 15 minutes more (if you have very tender kale, such as Lacinato, simmer squash for 10 minutes before adding). Add beans and turkey and simmer until heated through, about 1 minute. Remove from heat and stir in vinegar. Divide among bowls and sprinkle with basil (if using). **(MAKE AHEAD:** Soup can be made up to 3 days in advance; cool and refrigerate in an airtight container.)

**PER SERVING** (2 cups): Calories: 303, Total Fat: 3 g, Sat. Fat: 0.5 g, Carbs: 47 g, Fiber: 10 g, Sugars: 10 g, Protein: 25 g, Sodium: 302 mg, Cholesterol: 28 mg





## Mango Peanut Curry

SERVES 5. HANDS-ON TIME: 30 MINUTES. TOTAL TIME: 40 MINUTES.

This stick-to-your-ribs, freezable curry will quickly become a family favorite. To increase heart-helping fiber, serve curry over brown rice, quinoa, soba noodles or brown rice noodles.

- 1 tbsp** coconut oil
- 12 oz** extra-firm organic tofu, cut into 1-inch cubes
- 1 tbsp** reduced-sodium tamari or soy sauce
- 1** eggplant, cubed
- 1 large** carrot, diced
- 1 large** yellow onion, diced
- 3 cloves** garlic, minced
- 1 tbsp** ground turmeric
- 1 tsp** each ground cumin, ginger and coriander
- ½ tsp** each red pepper flakes and ground cinnamon
- 1** red bell pepper, diced
- ¼ small** green cabbage, chopped
- 1½ cups** ½-inch-cubed mango
- 2** green onions, thinly sliced
- ½ cup** roasted unsalted peanuts
- ¼ cup** chopped fresh cilantro

### SAUCE

- 1** lime, zested and juiced
- ½ cup** natural unsalted peanut butter
- 3 tbsp** pure maple syrup
- 1 tsp** sea salt

**1.** In a large sauté pan on medium-high, heat oil. Add tofu and cook for about 4 minutes per side, until tofu is crispy. Drizzle tamari over tofu. Continue to cook for about 1 minute, or until tamari has been absorbed.

**2.** Add eggplant, carrots, yellow onion and garlic. Sauté for 5 minutes or until onion and garlic are translucent and fragrant.

**3.** Add turmeric, cumin, ginger, coriander, pepper flakes and cinnamon and sauté until fragrant, about 2 minutes.

**4.** Meanwhile, to a jar with a lid, add sauce ingredients plus ½ cup water and shake until completely combined (or whisk together in a bowl).

**5.** Reduce heat to medium and add sauce, bell pepper and cabbage to curry. Cook for 5 to 7 minutes, stirring occasionally. Add mangos and heat through, about 3 minutes.

**6.** Divide among servings and top with green onions, peanuts and cilantro.

**PER SERVING** (2 cups): Calories: 472, Total Fat: 27.5 g, Sat. Fat: 7 g, Monounsaturated Fat: 12 g, Polyunsaturated Fat: 7 g, Carbs: 44 g, Fiber: 10.5 g, Sugars: 25.5 g, Protein: 20 g, Sodium: 558 mg, Cholesterol: 0 mg







## Artichoke Chowder

SERVES 8. HANDS-ON TIME: 30 MINUTES. TOTAL TIME: 50 MINUTES.

Oyster mushrooms add deep umami flavor to this satisfying chowder that will be most welcome on chilly days.

- 1 tbsp** grape seed oil
- 1 large** yellow onion, diced
- 2 cups** oyster mushrooms, sliced
- 3** celery stalks, diced
- 1 large** carrot, diced
- 2 tbsp** dried thyme
- 2 cloves** garlic, minced
- 4 cups** low-sodium vegetable broth
- 1 large** white potato, diced
- 2 cups** artichoke hearts, water-packed, drained, rinsed and sliced
- 2 cups** full-fat coconut milk

- 1 cup** plain unsweetened non-dairy milk of your choice
- 1 tbsp** dulse flakes, optional
- ½ tsp** sea salt
- ⅓ bunch** fresh parsley, chopped

**1.** In a large stockpot on medium-high, heat oil. Add onions and sauté until soft and translucent, about 3 minutes.

**2.** Add mushrooms and sauté for 5 minutes until slightly brown. Add celery, carrots, thyme and garlic and sauté until celery is tender, about 5 minutes.

**3.** Stir in broth and bring to a boil, then add potatoes. Simmer until potatoes are tender, about 12 minutes.

**4.** Add artichokes, coconut milk, non-dairy milk and dulse flakes (if using); bring to a simmer. Let simmer for 5 minutes and season with salt. To serve, garnish with parsley.

**PER SERVING** (1½ cups): Calories: 228, Total Fat: 15 g, Sat. Fat: 11 g, Monounsaturated Fat: 2 g, Polyunsaturated Fat: 1 g, Carbs: 21 g, Fiber: 4 g, Sugars: 4 g, Protein: 6 g, Sodium: 493 mg, Cholesterol: 0 mg



## Smoky Chicken & Corn Chili

SERVES 8. HANDS-ON TIME: 25 MINUTES. TOTAL TIME: 1 HOUR, 5 MINUTES.

Heat this easy chili before you leave for work and keep warm in a thermos for lunch. Try topping it with a dollop of sour cream and some chopped avocado. You can swap the fresh corn and tomatillos to 1 cup frozen and thawed corn and 2 canned tomatillos.

- 2 ears** corn, husked
- 2** tomatillos, husked
- 1½ tbsp** safflower oil, divided
- 1½ lb** boneless, skinless chicken thighs
- 2 tsp** dried oregano
- 1 tsp** each sea salt, cumin and smoked paprika
- ½ tsp** ground black pepper
- 1 small** white onion, finely diced
- 1 small** jalapeño pepper, seeded and finely diced
- 1 clove** garlic, minced
- 4 cups** low-sodium chicken broth, divided
- 2 15-oz** BPA-free cans cannellini beans
- ¼ cup** chopped cilantro, optional

**1.** Heat an indoor grill to high. Brush corn and tomatillos with ½ tbsp oil. Place on grill and cook, turning frequently, until lightly charred, 2 to 3 minutes. Transfer to a cutting board and let rest until cool enough to handle. Remove kernels from corn and dice tomatillos. (You can also do this step in a grill pan or under the broiler. If using frozen corn and canned tomatillos, you can skip this entirely.)

**2.** In a large Dutch oven on medium-high, heat remaining 1 tbsp oil. Sprinkle chicken with oregano, salt, cumin, paprika and black pepper. Place chicken in pan and cook, flipping once, until golden brown on each side, 3 to 4 minutes per side. Transfer chicken to a plate and keep warm. Add onion and cook, stirring

frequently, until softened and golden, 2 to 3 minutes. Add jalapeño and garlic and cook, stirring frequently, until fragrant, 1 minute. Add 3 cups broth, scraping up any browned bits from the bottom of the pan, and bring to a simmer. Return chicken to pan, cover and reduce heat to low. Simmer on low 20 minutes.

**3.** In a blender, purée remaining 1 cup broth with 1 cup beans. Add mixture to pan along with remaining beans, corn and tomatillos. Continue to simmer until chicken is cooked through and no longer pink inside, 10 to 15 minutes longer. Remove chicken from pot and shred with two forks; return to pot to reheat. Serve warm and garnish with cilantro (if using). Heat in a thermos and bring to work or heat at work right before eating.

**PER SERVING** (⅛ of recipe):  
Calories: 261, Total Fat: 8 g, Sat.  
Fat: 1.5 g, Monounsaturated Fat: 2 g,  
Polyunsaturated Fat: 3 g, Carbs: 23 g,  
Fiber: 6 g, Sugars: 3 g, Protein: 26 g,  
Sodium: 376 mg, Cholesterol: 80 mg





## Thai Shrimp & Vegetable Noodle Soup

SERVES 2. HANDS-ON TIME: 20 MINUTES. TOTAL TIME: 20 MINUTES.

This genius jar of healthy, quick-cooking ingredients is the answer to your desk-lunch woes. If you're using precooked shrimp, add it to the jars while still frozen – it'll thaw in the fridge overnight and be ready to eat by lunchtime. If you're using fresh shrimp, simply cook and add to the jars as directed.

- 1 cup** BPA-free canned full-fat coconut milk
- 4 tsp** reduced-sodium soy sauce
- 2 tsp** peeled and grated fresh ginger
- 2 tsp** Thai red curry paste
- 1 tsp** sriracha or chile-garlic sauce
  - 1** all-natural bouillon cube, halved
  - 8** snow peas, trimmed and cut into 1-inch lengths
  - 2** shiitake mushrooms, stemmed and thinly sliced
- 1 small** zucchini, cut into matchsticks
- ½ cup** lightly packed baby spinach
- 1½ oz** cooked brown rice vermicelli noodles
  - 4** frozen cooked deveined peeled large shrimp or fresh shrimp, sautéed or steamed

**3.** To prepare, add 1½ cups boiling water to each jar; close lid. Let stand until vegetables are softened, about 8 minutes. Shake gently to combine.

**PER SERVING** (1 jar): Calories: 356, Total Fat: 25 g, Sat. Fat: 22 g, Monounsaturated Fat: 2 g, Polyunsaturated Fat: 1 g, Carbs: 27 g, Fiber: 3 g, Sugars: 4 g, Protein: 10 g, Sodium: 997 mg, Cholesterol: 26 mg

**1.** In a small bowl, whisk together coconut milk, soy sauce, ginger, curry paste and sriracha. Divide among 2 16-oz Mason jars with tight-fitting lids. Add ½ bouillon cube to each jar.

**2.** In jars, layer snow peas, mushrooms, zucchini, spinach, noodles and shrimp (ensure vegetables are at the bottom). Close lid; refrigerate until shrimp are thawed, 8 to 12 hours.







## Chicken & Spinach Quesadillas

with Avocado Dipping Sauce

**SERVES 4.**

**HANDS-ON TIME: 25 MINUTES.**

**TOTAL TIME: 30 MINUTES.**

No need to stop in at your local taco joint for a bite – we've got you covered while on the run. These cheesy quesadillas are packed with spinach then dipped in a fragrant cilantro and avocado dipping sauce.

### QUESADILLAS

- 4 8-inch** whole-grain tortillas
- 1 4-oz** can diced fire-roasted green chiles
- 1 cup** shredded cheese (such as a Mexican blend or Monterey Jack)
- 2 cups** lightly packed baby spinach leaves
- 8 oz** boneless, skinless chicken breast, cooked and shredded

### AVOCADO SAUCE

- 1 cup** fresh cilantro (leaves and tender stems)
- 1 small** avocado, peeled, pitted and smashed

- 1–2** jalapeño chile peppers, halved and seeded
- 2 tbsp** grated Pecorino or Parmesan cheese, optional
- 2 tbsp** fresh lime juice
- 2 tbsp** extra-virgin olive oil (**TRY:** O-Live & Co. Gold Medal Blend Extra Virgin Olive Oil)
- 1 clove** garlic
- ½ tsp** sea salt
- ground black pepper, to taste

**1.** Prepare avocado sauce: In a blender, add all sauce ingredients and process until smooth.

**2.** Prepare quesadillas: Preheat a griddle to 350°F or heat a large heavy skillet on medium. Place a tortilla on the griddle or skillet. (**NOTE:** If using stainless steel, you may need 1 tsp oil to prevent sticking.) Spread 1 heaping tbsp green chiles on one-half of tortilla. Follow with ¼ cup cheese, ½ cup lightly packed spinach and one-quarter of chicken. Fold tortilla in half to make a quesadilla.

**3.** Let quesadilla cook for 2 to 3 minutes, or until underside is lightly golden brown. Flip over and cook until cheese is melted, 2 to 3 minutes more. Repeat with remaining ingredients to make 4 quesadillas total.

**4.** Slice in half or in thirds and serve with dipping sauce. Eat immediately or let cool and wrap in foil and refrigerate or freeze. Frozen quesadillas can be warmed through in a toaster oven or microwave.

**PER SERVING** (1 quesadilla and ¼ of sauce):  
 Calories: 451, Total Fat: 25 g, Sat. Fat: 7 g,  
 Monounsaturated Fat: 14 g, Polyunsaturated  
 Fat: 3 g, Carbs: 31 g, Fiber: 8.5 g, Sugars: 1 g,  
 Protein: 26 g, Sodium: 599 mg, Cholesterol: 58 mg



## Quinoa & Veggie Sushi

with Miso  
Ginger Sauce

SERVES 4.

HANDS-ON TIME: 40 MINUTES.

TOTAL TIME: 40 MINUTES.

Protein-rich quinoa replaces rice in this homemade sushi that will keep you going all day long with energy to spare. Our miso dipping sauce is to die for – you'll want to make extra to use as a dip or to drizzle over chicken, tofu or your favorite grain bowls.

**4 sheets** toasted nori (**NOTE:** This recipe works best with larger sheets of nori measuring 8 x 7½ inches.)

**2⅔ cups** cooked quinoa

**1 large** cucumber, julienned

**2 large** carrots, julienned

**1 large** avocado, sliced  
thinly lengthwise

### MISO GINGER SAUCE

**6 tbsp** rice vinegar

**¼ cup** organic white miso

**¼ cup** extra-virgin olive oil

**¼ cup** peeled and  
chopped ginger

**1 tbsp** raw honey  
(**TRY:** Wedderspoon  
Raw Organic Wild  
Rata Honey)

**2 cloves** garlic, peeled

**1 tsp** sriracha or pinch ground  
cayenne pepper

**1.** Prepare sauce: Purée all sauce ingredients and 1 tbsp water in a blender until smooth.

**2.** Prepare sushi: Lay 1 sheet of nori on a clean, flat surface. Spread ⅔ cup cooked quinoa onto sheet, leaving a ½-inch border on the top and bottom of the paper. Take 1 tbsp of sauce and spread in a horizontal line across the center of quinoa. Lay one-quarter of each cucumber and carrots and lay them over sauce. Arrange avocado slices evenly over cucumber and carrots, making sure ingredients extend all the way to the left and right sides of the nori.

**3.** Starting at the edge closest to you, gently roll the nori away from you, tucking as you go, until it is rolled up all the way. Dab edge with water if necessary to seal. Repeat with remaining ingredients. Slice into 1-inch pieces or slice in half and eat as a hand roll. Serve with remaining sauce. Sauce can be made 3 to 4 days ahead and stored in the fridge. Roll ingredients can be prepped ahead and assembled just before eating or up to 1 day in the fridge.

**PER SERVING** (1 large roll and ¼ of sauce): Calories: 480, Total Fat: 26 g, Sat. Fat: 4 g, Monounsaturated Fat: 18 g, Polyunsaturated Fat: 4 g, Carbs: 53 g, Fiber: 10 g, Sugars: 15 g, Protein: 10 g, Sodium: 586 mg, Cholesterol: 0 mg







## Baked Falafel Pitas *with Yogurt Feta Sauce*

SERVES **4**. HANDS-ON TIME: **25 MINUTES**. TOTAL TIME: **40 MINUTES**.

Make it to go: Stuff falafel in pita and wrap airtight. Store tomato and lettuce in a container and yogurt sauce in a separate container. Assemble sandwich when ready to eat.

- |                |  |                 |                         |
|----------------|--|-----------------|-------------------------|
| <b>1 15-oz</b> | BPA-free can unsalted chickpeas, drained and rinsed ( <b>TRY:</b> Eden Organic Garbanzo Beans) | <b>1½ tsp</b>   | ground coriander        |
| <b>½ large</b> | red onion, chopped   | <b>¾ tsp</b>    | ground black pepper     |
| <b>½ cup</b>   | packed fresh cilantro (leaves and thin stems) + 1 tbsp chopped cilantro leaves                 | <b>¼ tsp</b>    | sea salt                |
| <b>½ cup</b>   | packed fresh flat-leaf parsley (leaves and thin stems) + 1 tbsp chopped parsley leaves         | <b>⅓ cup</b>    | white whole-wheat flour |
| <b>1 small</b> | egg  | <b>2 oz</b>     | feta cheese, crumbled   |
| <b>¼ cup</b>   | whole-wheat panko bread crumbs + additional as needed  | <b>1 cup</b>    | plain Greek yogurt      |
| <b>2 tsp</b>   | ground cumin   |                 | juice of ½ lemon        |
|                |  | <b>2 6-inch</b> | whole-grain pitas       |
|                |  | <b>2 cups</b>   | chopped romaine lettuce |
|                |  | <b>2 small</b>  | tomatoes, sliced        |

**1.** Preheat oven to 400°F. Line a large baking sheet with foil and mist with cooking spray. In a food processor, combine chickpeas, onion, ½ cup

cilantro and ½ cup parsley. Pulse until roughly chopped. Add egg, ¼ cup panko, cumin, coriander, pepper and salt. Pulse until mixture forms a chunky purée. Transfer to a large bowl. If mixture appears too wet, mix in additional panko as needed.

**2.** Sprinkle flour onto a small plate. Scoop out 2 tbsp chickpea mixture and form into a ½-inch-thick patty. Lightly press both sides into flour, shake off excess and place on prepared sheet. Repeat with remaining chickpea mixture, making a total of 12 patties. Lightly mist tops of patties with cooking spray. Bake until bottoms are golden brown, about 12 minutes. Turn patties and bake until opposite sides are golden, 5 to 7 minutes more. Cool to room temperature and refrigerate in an airtight container. (**MAKE AHEAD:** Prepare recipe through Step 2 up to 3 days in advance.)

**3.** Meanwhile, in a small bowl, stir together cheese, yogurt, lemon juice and remaining 1 tbsp each cilantro and parsley. (**MAKE AHEAD:** Yogurt sauce can be made up to 3 days ahead and refrigerated in an airtight container; stir well before serving.)

**4.** Assemble sandwiches just before serving: Cut each pita in half crosswise to form 2 pockets. Stuff each pocket with 3 patties (cutting patties to fit if necessary), ½ cup lettuce, 2 or 3 tomato slices and a generous ¼ cup yogurt sauce.

**PER SERVING** (1 filled pita half): Calories: 321, Total Fat: 8 g, Sat. Fat: 2 g, Monounsaturated Fat: 1 g, Polyunsaturated Fat: 1 g, Carbs: 58 g, Fiber: 10 g, Sugars: 5 g, Protein: 22 g, Sodium: 574 mg, Cholesterol: 57 mg





## Tortilla Sushi *with Salmon & Avocado*

SERVES 4. HANDS-ON TIME: 20 MINUTES. TOTAL TIME: 20 MINUTES.

Whole-grain tortillas stand in for nori in these flavorful bites.  
Pack the sushi and sauce separately and drizzle over top just before serving.

- 2 tsp brown rice miso
- 2 tsp fresh lemon juice, divided
- 2 tbsp olive oil mayonnaise
- 2 tsp sriracha sauce
- 4 6-inch whole-grain tortillas
- 1 cup julienned English cucumber
- 1 cup julienned carrot
- 4 oz cooked salmon, broken in chunks

- 1 avocado, peeled and thinly sliced

1. In a small bowl, whisk miso and 1 tsp lemon juice. Add mayonnaise and sriracha and whisk until well combined. Place mixture in an airtight container.

2. Lay tortillas on a work surface. Place  $\frac{1}{4}$  of each cucumber, carrot and salmon to one side of each tortilla. Toss avocado slices with

remaining 1 tsp lemon juice and place on top of salmon, dividing evenly. Working from the end with the toppings, roll tortillas up tightly and then using a serrated knife slice each into 6 even slices and pack tightly into an airtight container.

3. To serve, drizzle sauce over sushi.

**PER SERVING** ( $\frac{1}{4}$  of recipe): Calories: 248, Total Fat: 17.5 g, Sat. Fat: 3 g, Monounsaturated Fat: 9 g, Polyunsaturated Fat: 5 g, Carbs: 18 g, Fiber: 11 g, Sugars: 2 g, Protein: 13.5 g, Sodium: 562 mg, Cholesterol: 13 mg



# Vietnamese Chicken Lettuce Wraps Bento Box

SERVES 4.

HANDS-ON TIME: 20 MINUTES.

TOTAL TIME: 30 MINUTES.

Make it to go: Use a bento box with 4 separate compartments, or use 4 small containers. For each serving, separate ingredients into compartments or containers as follows:  $\frac{3}{4}$  cup chicken mixture;  $\frac{1}{2}$  cup quinoa; 4 to 5 lettuce leaves and  $\frac{1}{4}$  of mango wedges;  $\frac{1}{3}$  cup carrot and 2 lime wedges. These wraps are equally delicious whether they're served hot or cold.

- $\frac{3}{4}$  cup quinoa, rinsed
- $\frac{1}{4}$  tsp sea salt
- $\frac{1}{3}$  cup chopped fresh mint
- $\frac{1}{4}$  cup low-sodium chicken broth
- $\frac{1}{4}$  cup rice vinegar
- $\frac{1}{4}$  cup fresh lime juice + 8 lime wedges for serving
- 2 tbsp raw honey
- 1 tbsp fish sauce
- $\frac{1}{2}$  tsp potato starch
- 1 stalk lemongrass, root end trimmed, tough outer layers discarded
- 1 lb ground chicken breast
- 1 large shallot, sliced
- 3 cloves garlic, chopped
- $\frac{1}{4}$  tsp red pepper flakes, or to taste
- $\frac{1}{4}$  cup roasted unsalted peanuts, chopped
- $1\frac{1}{3}$  packed cups grated carrot
- 1–2 mangos, peeled and cut into small wedges
- 16–20 large Bibb or Boston lettuce leaves (from 2 heads)

1. Cook quinoa according to package directions with salt. Transfer to a medium bowl. Stir in mint. **(MAKE AHEAD:** Complete Step 1 up to 3 days in advance; refrigerate in an airtight container.)

2. Meanwhile, in a medium bowl, whisk together broth, vinegar, lime juice, honey and fish sauce (or add to a jar with a tight-fitting lid and shake until combined). To a small bowl, add potato starch and 2 tsp water and stir well. Keep both mixtures close at hand. Cut a 2½- to 3-inch piece from bottom of lemongrass stalk and discard rest. Cut in half lengthwise, then chop as fine as possible; set aside. **(NOTE:** You should end up with about 2 tbsp chopped lemongrass.)

3. Mist a large nonstick skillet with cooking spray and heat to medium-high. Add chicken and shallot and

cook, stirring occasionally and crumbling meat with a spoon, until chicken is no longer pink in center, 6 to 8 minutes. Add garlic, pepper flakes and lemongrass and cook, stirring constantly, for 1 minute. Add broth mixture and bring to a simmer; reduce heat to low. Add potato starch mixture and stir to combine. Simmer just until slightly thickened, 1 to 2 minutes. Remove from heat and stir in peanuts. **(MAKE AHEAD:** Chicken mixture may be made up to 4 days ahead and refrigerated in an airtight container.) If serving immediately, divide chicken mixture, quinoa, carrot and mangos evenly among lettuce leaves and squeeze lime wedges over top.

**PER SERVING** ( $\frac{3}{4}$  cup chicken,  $\frac{1}{2}$  cup quinoa,  $\frac{1}{2}$  mango): Calories: 473, Total Fat: 16 g, Sat. Fat: 3 g, Monounsaturated Fat: 3 g, Polyunsaturated Fat: 3 g, Carbs: 58 g, Fiber: 7 g, Sugars: 27 g, Protein: 27 g, Sodium: 569 mg, Cholesterol: 75 mg





## Un-Caesar Salad Wrap *with Eggplant Bacon*

SERVES 6. HANDS-ON TIME: 25 MINUTES. TOTAL TIME: 40 MINUTES.

Our high-fiber dressing and oven-baked eggplant can be made ahead for easy and satisfying Caesar-style veggie wraps.

### EGGPLANT BACON

- 1** eggplant, sliced into ¼-inch-thick rounds
- 3 tbsp** reduced-sodium tamari
- 2 tbsp** pure maple syrup
- 1 tbsp** grape seed oil
- 1 tbsp** smoked paprika

### DRESSING

- 2 cups** BPA-free canned cannellini beans, rinsed and drained
- 1** lemon, zested and juiced
- ¼ cup** extra-virgin olive oil
- ¼ cup** nutritional yeast
- 2 tbsp** apple cider vinegar
- 2 cloves** garlic
- 1 tsp** Dijon mustard
- ¼ tsp** sea salt, optional

### ALMOND PARMESAN

- ¼ cup** almond flour/meal
- ¼ cup** nutritional yeast

### FOR SERVING

- 2 heads** kale, torn into bite-size pieces
- ¼ cup** sun-dried tomatoes, sliced
- 1 tbsp** capers, finely chopped
- 6 10-inch** whole-grain tortillas

**1.** Preheat oven to 400°F and line a large baking sheet with parchment paper.

**2.** In a large bowl, toss together all Eggplant Bacon ingredients and evenly arrange on baking sheet. Cover eggplant with any remaining liquid from bowl. Bake for 15 to 18 minutes, or until all liquid has evaporated and eggplant is firm. Let cool. Thinly slice lengthwise to create “bacon” slivers or cut in half. Set aside.

**3.** To a blender, add all dressing ingredients plus 2 tbsp water and blend until very smooth. Set aside.

**4.** In a small bowl, mix together Almond Parmesan ingredients. Set aside.

**5.** In a bowl, toss dressing with kale, sun-dried tomatoes and capers. Divide evenly among tortillas and top with Almond Parmesan and Eggplant Bacon; roll tightly. Wrap individually in plastic wrap and refrigerate until ready to serve, up to 3 days.

**6.** To store for future assembly, place kale into a resealable bag with a damp cloth or paper towel; transfer dressing to a Mason jar; and place Almond Parmesan and Eggplant Bacon in separate resealable bags. Refrigerate up to 5 days.

**PER SERVING** (1 wrap): Calories: 483, Total Fat: 20 g, Sat. Fat: 3 g, Monounsaturated Fat: 10 g, Polyunsaturated Fat: 6 g, Carbs: 60 g, Fiber: 14 g, Sugars: 11 g, Protein: 20 g, Sodium: 770 mg, Cholesterol: 0 mg





## Asian Stir-Fry Noodle Jar

SERVES 1.

HANDS-ON TIME: **15 MINUTES.**

TOTAL TIME: **20 MINUTES.**

Sweet, savory and with a salty kick, this is a classic Asian salad made incredibly simple. Tender-crisp veggies provide a whopping dose of fiber while edamame gives you a hit of protein to keep you full throughout the day.

- 1½ oz** brown rice vermicelli
- ¼** red bell pepper, sliced
- ¼ cup** chopped carrot
- ¼ cup** sliced shiitake mushrooms
- 4 tsp** fresh lime juice
- 1 clove** garlic, minced
- 2 tsp** rice vinegar
- 2 tsp** reduced-sodium soy sauce
- 1 tsp** sesame oil
- sea salt and ground black pepper, to taste
- ¼ cup** frozen and thawed edamame
- 1 tsp** sesame seeds, lightly toasted
- 1** lime wedge

### EQUIPMENT:

- 1 2-cup** glass jar with lid

**1.** Bring a pot of water to a boil. Add noodles and remove from heat. Set aside until noodles soften, about 5 minutes. Drain and run noodles under cold water. Set aside.

**2.** Mist a large sauté pan with cooking spray and heat on medium. Add bell pepper, carrot and mushrooms and sauté, stirring

constantly, until tender-crisp, 2 minutes. Remove from heat and set aside to cool. (**TIP:** For added visual interest, try sautéing and layering each vegetable separately.)

**3.** In a small bowl, whisk lime juice, garlic, vinegar, soy sauce, sesame oil, salt and black pepper.

**4.** Build salad: Add dressing to bottom of jar. Layer edamame, noodles, vegetable mixture, sesame seeds and lime wedge. Cover with lid and refrigerate. Just before serving, squeeze lime wedge into jar and shake to distribute dressing. Make up to 1 day in advance.

**PER SERVING** (1 jar): Calories: 438, Total Fat: 10 g, Sat. Fat: 1 g, Monounsaturated Fat: 2 g, Polyunsaturated Fat: 3 g, Carbs: 66 g, Fiber: 11 g, Sugars: 5 g, Protein: 20 g, Sodium: 467 mg, Cholesterol: 0 mg





## Cashew Broccoli Kelp Noodles

SERVES 6. HANDS-ON TIME: 25 MINUTES. TOTAL TIME: 30 MINUTES.

This vegetable-rich stir-fry is made even more nutrient-dense with the addition of kelp noodles, small noodles made from algae that are low in calories yet high in minerals.

- 2 12-oz** packages kelp noodles  
**(NOTE:** Alternatively, use mung bean or brown rice noodles; follow package directions if using another noodle variety.)
- 3 tbsp** reduced-sodium tamari
- 3 tbsp** natural unsalted creamy peanut butter
- 3 tbsp** grape seed oil, divided
- 2 tbsp** coconut sugar
- 1½ tbsp** peeled and grated fresh ginger
- 5 cups** broccoli florets, cut into 1-inch pieces
- 1 large** red bell pepper, cut into matchsticks
- 2 cups** sugar snap peas, trimmed and halved diagonally
- 4** green onions, thinly sliced diagonally
- ¾ cup** unsalted cashews
- 2 cloves** garlic, minced

- 2 tbsp** fresh lime juice + additional for serving
- all-natural hot sauce,** for serving

**1.** Soak kelp noodles in warm water for 5 minutes to partially soften. Drain and cut into manageable pieces (kelp noodles are very long).

**2.** Prepare sauce: In a small bowl, whisk together tamari, peanut butter, 1 tbsp oil, sugar, ginger and ¼ cup water. Set dressing aside.

**3.** In a large heavy-bottomed pot on high, heat remaining 2 tbsp oil. Add broccoli and bell pepper and cook for 1 minute, stirring. Add peas and cook for 1 minute more. Add onions, cashews and garlic and cook for 30 seconds, stirring constantly. Mix in noodles and cook for 1 minute. Stir in sauce and cook for 1 minute more.

**4.** Remove from heat and transfer to a large bowl. Sprinkle with lime juice and toss well. Enjoy warm, cooled as a cold salad or wrapped in romaine lettuce as a fresh wrap with a squeeze of additional lime juice and hot sauce. If storing, cool slightly, then transfer to a sealable container and refrigerate for up to 4 days.

**PER SERVING** (% of recipe): Calories: 270, Total Fat: 17 g, Sat. Fat: 2 g, Monounsaturated Fat: 6.5 g, Polyunsaturated Fat: 7 g, Carbs: 20 g, Fiber: 5 g, Sugars: 9 g, Protein: 8 g, Sodium: 409 mg, Cholesterol: 0 mg







## Curry Pasta Salad

SERVES 8. HANDS-ON TIME: 25 MINUTES. TOTAL TIME: 25 MINUTES.\*

\*PLUS COOLING TIME.

Toasted curry powder is combined with yogurt, buttermilk and mayonnaise for an aromatic and creamy dressing. For this recipe, we suggest using Madras-style curry powder, which tends to be a little spicier than other curry blends; however, you can substitute another blend if you have one on hand.

- 12 oz** quinoa, whole-wheat or brown rice penne or farfalle pasta
- 2 tbsp** Madras-style curry powder
- ¼ cup** olive oil mayonnaise
- ¼ cup** plain Greek yogurt
- ¼ cup** buttermilk
- 1 tbsp** raw honey
- sea salt and ground black pepper, to taste

- 1** Granny Smith apple, cored and diced
- 1** red bell pepper, seeded and diced
- 3 cups** lightly packed baby spinach
- 1 cup** diced celery
- ¼ cup** coarsely chopped fresh cilantro leaves

**1.** Cook pasta according to package directions. Drain, mist with cooking spray and cool to room temperature on a tray.

**2.** In a small nonstick skillet on medium-low, add curry powder and toast until fragrant, about 1 minute. Transfer to a large bowl and add mayonnaise, yogurt, buttermilk and honey; whisk until combined. Season with salt and black pepper.

**3.** To a large bowl with dressing, add pasta, apple, bell pepper, spinach, celery and cilantro and stir until combined. Season with additional salt and black pepper.

**PER SERVING** (⅛ of recipe): Calories: 289, Total Fat: 9 g, Sat. Fat: 1 g, Monounsaturated Fat: 3 g, Polyunsaturated Fat: 4 g, Carbs: 38 g, Fiber: 5 g, Sugars: 9 g, Protein: 7 g, Sodium: 106 mg, Cholesterol: 3 mg



## Tricolor Pasta Salad *with Tuna*

SERVES 1. HANDS-ON TIME: **10 MINUTES**. TOTAL TIME: **15 MINUTES**.

Forget about a boring tuna sandwich for lunch – with just 10 minutes of work, this light and colorful tuna salad will fill you up without weighing you down.

- ¼ cup** tricolor brown rice fusilli or rotini pasta
- 2 tbsp** balsamic vinegar
- ¼ tsp** dried Italian seasoning
- 2 tbsp** finely chopped sun-dried tomatoes (dry-packed)
- 1 tsp** olive oil
- sea salt and ground black pepper, to taste
- 2 oz** BPA-free unsalted canned tuna, in water  
(**TRY:** Wild Planet Wild Albacore Tuna – No Salt Added)
- ¼ cup** mixed baby greens
- ½ cup** grape or cherry tomatoes, halved
- ¼** loosely packed cup fresh basil leaves
- 1 tbsp** shredded mozzarella cheese, optional

**2.** Meanwhile, prepare dressing: In a small saucepan, combine vinegar, Italian seasoning and 2 tsp water and bring to a boil. Remove from heat immediately and add sun-dried tomatoes. Whisk in oil and salt and pepper. Set aside to cool slightly.

**3.** Build salad: Add dressing to bottom of jar. Layer tuna, pasta, greens, tomatoes, basil and mozzarella, if desired. Cover with lid and refrigerate. Just before serving, shake jar to distribute dressing. Make up to 1 day in advance.

**PER SERVING** (1 jar): Calories: 290, Total Fat: 12 g, Sat. Fat: 1 g, Monounsaturated Fat: 3 g, Polyunsaturated Fat: 1 g, Carbs: 27 g, Fiber: 3 g, Sugars: 10 g, Protein: 20 g, Sodium: 375 mg, Cholesterol: 15 mg

### EQUIPMENT:

- 12-cup** glass jar with lid

**1.** Cook pasta according to package directions, until slightly more cooked than al dente. Drain and spread pasta on a small baking sheet to cool. (**NOTE:** Spreading pasta on a baking sheet prevents it from becoming a solid mass.)







## Green Goddess Pasta Salad *with Chicken*

SERVES 8. HANDS-ON TIME: 25 MINUTES. TOTAL TIME: 25 MINUTES.\*

\*PLUS COOLING TIME.

Green goddess dressing normally refers to a creamy dressing made with mayonnaise, herbs and other ingredients. In this pasta salad, though, we pack an array of fresh herbs – parsley, cilantro, dill and mint – into the salad itself, then toss it with a creamy coconut dressing for maximum decadence.

- sea salt and ground black pepper, to taste
- 2 cups** chopped asparagus  
(**NOTE:** Trim and cut into 1-inch long pieces.)
- 12 oz** whole-wheat or brown rice rotini or penne  
(**TIP:** For even more color, opt for tricolor pasta.)
- ½ cup** unsweetened plain coconut yogurt or plain Greek yogurt
- ¼ cup** coconut milk
- 1 tbsp** fresh lemon juice
- 1 tbsp** raw honey
- 1 clove** garlic, minced

- 12 oz** cooked and cooled shredded boneless, skinless chicken breast
- ¼ cup** each coarsely chopped fresh flat-leaf parsley, cilantro, dill and mint
- 3** green onions, thinly sliced

**1.** Bring a large pot of salted water to a boil. Add asparagus and blanch for 1 minute, until tender-crisp. Remove asparagus from pot with a sieve or slotted spoon and transfer to ice water until cool. Drain and transfer to a large bowl.

**2.** Cook pasta according to package instructions. Drain, mist with olive oil cooking spray and cool to room temperature on a tray.

**3.** Prepare dressing: In a small bowl, whisk together yogurt, coconut milk, lemon juice, honey and garlic. Season with salt and pepper.

**4.** To a large bowl with asparagus, add pasta, chicken, parsley, cilantro, dill, mint, onions and dressing and mix well. Season with additional salt and pepper.

**PER SERVING** (⅛ of recipe): Calories: 251, Total Fat: 3 g, Sat. Fat: 1 g, Carbs: 37 g, Fiber: 5 g, Sugars: 4 g, Protein: 21 g, Sodium: 114 mg, Cholesterol: 36 mg



## Cucumber & Kimchi Noodle Salad *with Shrimp*

SERVES 8. HANDS-ON TIME: 25 MINUTES. TOTAL TIME: 25 MINUTES.\*

\*PLUS COOLING TIME.

Kimchi is a Korean specialty that is prepared through the lacto-fermentation of cabbage. Here, it adds a hot and tangy flavor that is offset by cool cucumber in this Asian-inspired noodle salad.

Garnish with black or white sesame seeds if you have some on hand.

- 12 oz** brown rice spaghetti or soba noodles (aka buckwheat noodles)
- 2 tbsp** reduced-sodium tamari
- 2 tbsp** rice vinegar (**TIP:** Look for brands that are unseasoned.)
- 2 tbsp** toasted sesame oil
- 2 tbsp** raw honey
- 12 oz** frozen cooked large shrimp (peeled, deveined and tails on), thawed and drained
- 3 cups** shredded green cabbage
- 2 cups** julienned English cucumber

- ¾ cup** all-natural kimchi, chopped + 2 tbsp brine (**TIP:** Look for brands that don't contain MSG or added preservatives.)
- sea salt and ground black pepper, to taste
- 4** green onions, thinly sliced
- 2 tbsp** toasted crushed unsalted peanuts

**1.** Cook noodles according to package directions. Drain, mist with cooking spray and cool to room temperature on a tray.

**2.** Meanwhile, prepare dressing: In a small bowl, combine tamari, vinegar, oil and honey. Remove 2 tbsp dressing and transfer to a separate medium bowl with shrimp and toss.

**3.** In a large bowl, combine noodles, cabbage, cucumber, kimchi with brine and remaining dressing, tossing until combined. Season with salt and pepper. Divide salad among serving bowls and top evenly with shrimp, onions and peanuts.

**PER SERVING** (⅛ of recipe):  
 Calories: 283, Total Fat: 5 g, Sat. Fat: 1 g,  
 Monounsaturated Fat: 2 g, Polyunsaturated  
 Fat: 2 g, Carbs: 41 g, Fiber: 2 g, Sugars: 6 g,  
 Protein: 16 g, Sodium: 315 mg, Cholesterol: 80 mg







## Chicken Penne *with Sun-Dried Tomato & Fresh Red Pepper Sauce*

SERVES 2. HANDS-ON TIME: 30 MINUTES. TOTAL TIME: 45 MINUTES.

This hearty pasta salad can be tossed together 3 to 4 days ahead and eaten warm or cold.  
Add the basil just before serving.

- 2 5-oz** boneless, skinless chicken breasts
- 1 tsp** extra-virgin olive oil
- 2 tsp** low-sodium dry rub or blend of your favorite dried herbs
- 1 tsp** ground black pepper
- 1½ cups** whole-wheat penne (or other small whole-grain pasta)
- 1** yellow bell pepper, diced
- 2 tbsp** finely chopped fresh basil

### RED PEPPER SAUCE

- 1** red bell pepper, coarsely chopped
- ½ cup** sun-dried tomatoes, coarsely chopped

- 2** tomatoes, coarsely chopped
- ¼ cup** unsalted raw cashews
- ¼ cup** whole fresh basil leaves
- 1 clove** garlic
- 1** shallot, halved
- ground black pepper, to taste

**1.** Preheat grill to medium-high. (Or alternatively, you can preheat oven to 375°F.)

**2.** Diagonally score (¼ inch deep) chicken breasts and rub with a thin coating of oil, dry rub and black pepper, dividing evenly. Grill chicken for about 7 minutes per side, until juices run clear when pierced with

a fork. (Or, roast in oven for about 20 minutes.) Set aside until cool enough to handle, about 10 minutes, then chop.

**3.** Meanwhile, prepare pasta according to package directions. Rinse in cold water to remove sticky starches; drain well and set aside.

**4.** Prepare Red Pepper Sauce: In a blender or food processor, add all sauce ingredients; blend until very smooth.

**5.** In a large bowl, toss pasta with 1 to 1½ cups Red Pepper Sauce, yellow pepper, chicken and basil.

**PER SERVING** (2 cups): Calories: 648, Total Fat: 13 g, Sat. Fat: 2 g, Carbs: 85 g, Fiber: 14 g, Sugars: 17 g, Protein: 50 g, Sodium: 402 mg, Cholesterol: 82 mg



## Salsa-Style Corn Fusilli

SERVES 8. HANDS-ON TIME: 30 MINUTES. TOTAL TIME: 1 HOUR, 30 MINUTES.\*

\*IF COOKING BEANS.

Fresh and sweet-tart, this Mexican-inspired salad with its light, tropical and citrus flavors pairs beautifully with delicate grilled shrimp or other mild seafood.

- 2 cups** corn fusilli pasta
- 1½ cups** dry black beans, soaked overnight (**TIP:** To save time, swap in 1 19-oz BPA-free can black beans, drained and rinsed well.)
- 1 large** tomato, diced
- 1 fresh** jalapeño pepper, finely diced (and seeded, if desired)
- ¾ cup** finely diced red onion
  - 1** mango, peeled, pitted and diced
  - 1** avocado
- juice of 2 limes
- 3 tbsp** extra-virgin olive oil

- ½ cup** finely chopped fresh cilantro
- ¼ tsp** each sea salt and ground black pepper

**1.** Prepare pasta according to package directions. Rinse under cold water; drain well and set aside.

**2.** Bring a large pot of water to a boil. Drain and rinse beans. Add beans to pot and boil for about 1 hour; drain and set aside to cool. (If opting for canned beans, skip this step.)

**3.** In a large bowl, add tomato, jalapeño, onion and mango. Pit, peel and dice avocado. (**TIP:** Prep and add last to prevent avocado from browning.) Immediately toss in lime juice.

**4.** Add pasta and beans to bowl with vegetables and toss to combine. Add oil, cilantro, salt and pepper and mix gently. Enjoy at room temperature or chilled; will keep for 3 to 4 days in the refrigerator.

**TIP:** This recipe doubles as an amazing burger topper – simply omit the pasta!

**PER SERVING** (1 cup): Calories: 254, Total Fat: 12 g, Sat. Fat: 1 g, Monounsaturated Fat: 7 g, Polyunsaturated Fat: 3 g, Carbs: 33 g, Fiber: 8 g, Sugars: 5 g, Protein: 7 g, Sodium: 77 mg, Cholesterol: 0 mg





## Crunchy Thai Black Rice Salad *with Peanut Ginger Dressing*

SERVES 4. HANDS-ON TIME: 30 MINUTES. TOTAL TIME: 1 HOUR.\*

\*PLUS COOLING TIME.

Crunchy radish, carrots, cabbage and bell pepper are combined with black rice and edamame for a vibrant and satisfying lunchtime salad. The best part is that you can pack it into a glass jar up to 5 days in advance – since the dressing only touches the heartiest vegetables, there is no risk of having a soggy salad!

- 1 cup** black rice, rinsed
- 2 cups** frozen shelled edamame
- 4 large** carrots, peeled and diced
- 1 small** bunch radishes (about 6), trimmed and sliced
- 4 cups** chopped red cabbage
- 1 large** red bell pepper, seeded and diced
- 6** green onions, thinly sliced (light green parts)

### DRESSING

- 6 tbsp** coconut milk
- ¼ cup** packed fresh cilantro leaves
- 2 tbsp** natural unsalted creamy peanut butter (**TRY:** Once Again Organic Creamy Peanut Butter No Salt)
- 2 tbsp** fresh lime juice
- 1 tbsp** grated fresh ginger
- 1 tbsp** reduced-sodium soy sauce
- 1 tbsp** rice vinegar
- 1 tbsp** raw honey
- 1 tsp** toasted sesame oil

### EQUIPMENT:

- 4 32-oz** glass jars with lids

**1.** Cook rice according to package directions. Spread cooked rice in an even layer on a large plate or rimmed baking sheet to cool completely. (**MAKE AHEAD:** Make rice up to 1 day before prepping the rest of the salad.)

**2.** Meanwhile, cook edamame according to package directions. Drain, rinse in cold water, and set aside to cool.

**3.** Prepare dressing: In a small blender or food processor, blend all dressing ingredients until smooth.

**4.** Divide dressing among glass jars. Layer ingredients, dividing evenly among jars, in the following order: carrots, radishes, cabbage, edamame, bell pepper, onions and rice. (**NOTE:** There will be a little bit of space at the top, which allows you to shake up ingredients with the dressing when ready to eat.) Screw on lids and refrigerate for up to 5 days. When ready to serve, shake ingredients thoroughly and pour into a bowl.

**PER SERVING** (1 jar): Calories: 435, Total Fat: 15 g, Sat. Fat: 5.5 g, Monounsaturated Fat: 3 g, Polyunsaturated Fat: 2.5 g, Carbs: 68 g, Fiber: 12 g, Sugars: 17 g, Protein: 16 g, Sodium: 226 mg, Cholesterol: 0 mg





## Harvest Squash & Quinoa Salad

SERVES 4.

HANDS-ON TIME: 30 MINUTES.

TOTAL TIME: 1 HOUR, 10 MINUTES.\*

\*PLUS COOLING TIME.

Greet fall with this hearty salad layered in a Mason jar for easy transporting. For extra flavor and vibrant color, we've simmered the quinoa with beets.

- 1 small** butternut squash (about 1 lb) peeled, seeded and cut into ½-inch cubes
- ¼ tsp** each sea salt, ground black pepper and ground cinnamon
- 1** beet, peeled and shredded
- ½ cup** quinoa, rinsed
- 6 tbsp** balsamic vinegar
- ¼ cup** whole-grain mustard
- 2 tbsp** pure maple syrup
- ¼ cup** chopped unsalted walnuts
- 1½ cups** pomegranate arils
- 2 oz** crumbled goat cheese
- 6 cups** packed chopped kale

### EQUIPMENT:

- 4 1-qt** jars

**1.** Preheat oven to 400°F. Arrange squash on a large rimmed baking sheet. Mist with cooking spray, sprinkle with salt, pepper and cinnamon; toss to coat. Roast for 40 to 45 minutes, turning halfway, until tender. Let cool to room temperature.

**2.** Meanwhile, in a small saucepan, bring 1 cup water to a boil. Add beet and quinoa. Cover, reduce heat to a simmer and cook for 15 minutes, until liquid is absorbed. Remove

from heat and let stand, covered, for 5 minutes, before fluffing with a fork. Let cool to room temperature.

**3.** Prepare dressing: In a small bowl, whisk together vinegar, mustard and maple syrup. Divide evenly among jars, about 3 tbsp per jar. Divide squash, quinoa mixture, walnuts, pomegranate arils, cheese

and kale among jars. Cover jars and refrigerate until ready to serve, up to 5 days. When ready to serve, shake in jar to distribute dressing or transfer to a bowl and toss.

**PER SERVING** (1 jar): Calories: 304, Total Fat: 10 g, Sat. Fat: 3 g, Monounsaturated Fat: 2 g, Polyunsaturated Fat: 4.5 g, Carbs: 46.5 g, Fiber: 7 g, Sugars: 17 g, Protein: 10 g, Sodium: 410 mg, Cholesterol: 7 mg







## Chinese Chicken Salad *with Brussels Sprouts*

SERVES **4**. HANDS-ON TIME: **15 MINUTES**. TOTAL TIME: **15 MINUTES**.

Make it to go: Pack salad and dressing separately and toss together when ready to eat.

- 1 lb** Brussels sprouts, outer leaves discarded, ends trimmed and shredded using a food processor (**TIP:** When processing Brussels sprouts, the “S”-shaped blade tends to work better than the shredding disk.)
- 12 oz** (2½ packed cups) shredded or chopped cooked chicken breast
- 6–8** radishes, trimmed and thinly sliced
- 6** green onions, thinly sliced

- 4** clementines or tangerines, peeled and sectioned
- ¼ cup** toasted sliced unsalted almonds
- 3 tbsp** rice vinegar
- 2 tbsp** reduced-sodium tamari
- 1½ tbsp** raw honey
- 1 tbsp** safflower oil
- 1½ tsp** toasted sesame oil (**NOTE:** Toasted sesame oil is also referred to as Asian sesame oil.)
- 1 tbsp** finely chopped fresh ginger

**1.** To a large bowl, add Brussels sprouts, chicken, radishes, onions, clementines and almonds. Toss to combine. (**MAKE AHEAD:** Step 1 can be prepared up to 2 days in advance; refrigerate in an airtight container.)

**2.** In a small bowl, whisk together vinegar, tamari, honey, safflower oil and sesame oil until combined. Whisk in ginger. (**MAKE AHEAD:** Dressing can be made up to 2 days in advance and refrigerated in an airtight container or jar.) Pour over salad and toss well.

**PER SERVING** (2¼ cups): Calories: 341, Total Fat: 11 g, Sat. Fat: 2 g, Monounsaturated Fat: 6 g, Polyunsaturated Fat: 3 g, Carbs: 30 g, Fiber: 7 g, Sugars: 17 g, Protein: 33 g, Sodium: 102 mg, Cholesterol: 72 mg



## Ham, Cheese & Sweet Pepper Salad

with Champagne  
Dijon Dressing

SERVES 1.

HANDS-ON TIME: **15 MINUTES.**

TOTAL TIME: **15 MINUTES.**

A healthy twist on a classic ham and cheese sandwich, this salad boasts peppery arugula and lightly sautéed bell peppers with a sharp, tangy Dijon dressing. Scale up the recipe to make two or more jars to have lunches ready for the whole family.

- ¼ each** red, yellow and green bell pepper, thinly sliced (Alternatively, use ¾ of any variety bell pepper.)
- 3 tbsp** sliced green onions, divided
- 2 tsp** fresh thyme leaves, chopped, divided
- 4 tsp** champagne vinegar
- 1 tsp** Dijon mustard
- 1 tsp** extra-virgin olive oil  
ground black pepper, to taste
- 1 oz** all-natural uncured sliced black forest ham, sliced into strips (**TRY:** Applegate Naturals Uncured Black Forest Ham)
- ½ oz** sliced provolone cheese, sliced into strips
- ¼ cup** arugula

### EQUIPMENT:

- 12-cup** glass jar with lid

**1.** Mist a small sauté pan with cooking spray and heat on medium. Add bell peppers and sauté, stirring constantly, until softened, 2 minutes. Add 1½ tbsp onions and 1 tsp thyme. Remove from heat, and set aside to cool in pan.

**2.** Prepare dressing: In a small bowl, whisk together vinegar, Dijon, remaining 1 tsp thyme, oil and black pepper.

**3.** Build salad: Add dressing to bottom of jar. Layer ham, bell pepper mixture, remaining 1½ tbsp onions,

cheese and arugula. Cover with lid and refrigerate. Just before serving, shake jar to distribute dressing. Make up to 1 day in advance.

**PER SERVING** (1 jar): Calories: 160, Total Fat: 9 g, Sat. Fat: 2 g, Monounsaturated Fat: 4 g, Polyunsaturated Fat: 0.5 g, Carbs: 11 g, Fiber: 3 g, Sugars: 4 g, Protein: 10 g, Sodium: 479 mg, Cholesterol: 25 mg







## Southwest Chicken Salad

### with Whipped Avocado Dressing

SERVES 4. HANDS-ON TIME: 25 MINUTES. TOTAL TIME: 40 MINUTES.

Black beans, corn, cheddar and crunchy tortilla chips are the hallmark ingredients of our killer Southwest salad. Serve it in a bowl, or layer the components in a glass jar and take it to go.

- high-heat cooking oil (such as grape seed or safflower), as needed
- 2 5-oz** boneless, skinless chicken breasts
- 1½ tsp** all-natural low-sodium barbecue seasoning blend
- 4 1-oz** slices all-natural nitrate- and nitrite-free turkey bacon
- 2 6-inch** corn tortillas, cut in half and then into ¼-inch strips
- 1 clove** garlic, peeled
- ½** avocado, peeled and pitted
- ½ cup** chopped fresh cilantro leaves
- ¼ cup** plain whole-milk Greek yogurt
- 2 tbsp** fresh lime juice
- ¼ tsp** sea salt
- ⅛ tsp** ground black pepper
- 6 cups** chopped romaine lettuce
- 2** plum tomatoes, seeded and diced
- 1½ cups** chopped cucumber
- ¾ cup** fresh or frozen and thawed corn kernels (blanched, if desired)
- ½ cup** chopped red onion
- 1 cup** cooked or BPA-free canned black beans
- 2 oz** shredded or chopped cheddar cheese

**1.** Preheat a grill to medium and lightly oil grates. Rub chicken with barbecue seasoning. Grill for 12 to 15 minutes, turning once, until cooked through. Remove from heat, cover with foil and set aside.

**2.** Meanwhile, heat a medium skillet on medium. Cook bacon for 8 to 10 minutes, turning once, until browned and crisp. Set aside on paper towels.

**3.** Preheat oven to 400°F. In a single layer, arrange tortilla strips and mist with cooking spray. Bake for 6 to 7 minutes, until crisp and just beginning to brown. Remove from oven and set aside.

**4.** In a small blender or food processor, blend garlic, avocado, cilantro, yogurt, lime juice, salt, pepper and ½ cup water until smooth.

**5.** In a large bowl, toss together lettuce, tomatoes, cucumber, corn, onion, beans and cheese. Chop chicken into bite-size pieces and add to salad. Finely chop bacon and add to salad; toss. Divide salad among serving bowls and top evenly with dressing and tortilla strips. (Alternatively, arrange salad in layers in glass jars, starting with dressing and keeping lighter ingredients such as lettuce toward top of jar.)

**PER SERVING** (¾ cups): Calories: 362, Total Fat: 14 g, Sat. Fat: 6 g, Monounsaturated Fat: 5 g, Polyunsaturated Fat: 2 g, Carbs: 32 g, Fiber: 9.5 g, Sugars: 6 g, Protein: 29 g, Sodium: 485 mg, Cholesterol: 67 mg



## Bright & Bold Millet Tabbouleh

SERVES **6**. HANDS-ON TIME: **25 MINUTES**. TOTAL TIME: **1 HOUR, 10 MINUTES**.\*

\*PLUS COOLING TIME.

Traditional tabbouleh is made with bulgur, or cracked wheat, but here we replace it with millet for a nutty flavor and fluffy texture. You can also use quinoa if you prefer; simply adjust the cooking instructions in Step 1.

- ⅔ cup** millet
- Pinch** + 1½ tsp sea salt, divided
- 4** green onions, thinly sliced
- 2 cups** diced cucumbers
- 2 cups** cherry tomatoes, halved or quartered if very large
- 1½ cups** cooked chickpeas or BPA-free canned, drained and rinsed
- 1 cup** finely chopped fresh flat-leaf parsley
- 6 tbsp** finely chopped fresh mint
- ½ cup** crumbled feta cheese
- ⅓ cup** fresh lemon juice

- ⅓ cup** extra-virgin olive oil
- 1–2** cloves garlic, minced
- ground black pepper, to taste

**1.** In a dry small saucepan on medium, toast millet until fragrant, about 3 minutes. Add 2 cups water and pinch salt. Bring to a boil, cover and simmer until water is absorbed, about 30 minutes. Turn off heat and let sit, covered, for 10 minutes or longer, up to 2 hours. (The longer millet sits, covered and off the heat, the fluffier it will be.)

**2.** Transfer millet to a serving bowl and let cool. Fluff with a fork. Add remaining 1½ tsp salt and all remaining ingredients. Toss to combine.

**PER SERVING** (% of salad): Calories: 323, Total Fat: 17 g, Sat. Fat: 4 g, Monounsaturated Fat: 10.5 g, Polyunsaturated Fat: 2 g, Carbs: 34 g, Fiber: 7 g, Sugars: 5 g, Protein: 9 g, Sodium: 631 mg, Cholesterol: 11 mg





## CBLT Grain Salad

SERVES 3.

HANDS-ON TIME: **20 MINUTES.**

TOTAL TIME: **40 MINUTES.**

Preassemble this CBLT (coconut bacon, romaine lettuce and cherry tomato) salad in Mason jars for ready-to-go lunches or dinners.

### COCONUT BACON

- ¾ cup** unsweetened, dried sliced coconut or coconut flakes
- ¾ tbsp** pure maple syrup
- 1½ tsp** reduced-sodium tamari
- ¾ tsp** smoked paprika
- ¼ tsp** grape seed oil

### LEMON DIJON VINAIGRETTE

- 3 tbsp** extra-virgin olive oil
- ½** lemon, zested and juiced
- 1 clove** garlic, crushed
- 2 tsp** pure maple syrup
- 1 tsp** Dijon mustard
- sea salt and ground black pepper, to taste

### SALAD

- 3 cups** cooked grains of your choice (such as brown rice, quinoa and millet)
- 3 cups** grated vegetables (such as carrots, zucchini or summer squash, beets)
- 3 cups** romaine lettuce, torn into bite-size pieces
- 1½ cups** cherry tomatoes, halved
- ½ cup** unsalted sunflower sprouts

### EQUIPMENT:

- 3 1-liter** Mason jars with lids

1. Preheat oven to 325°F. To a medium bowl, add all coconut bacon ingredients and toss well. Spread on a large parchment-lined baking sheet. Bake until coconut is crispy and lightly toasted. (**NOTE:** This can take anywhere from 8 to 18 minutes, depending on the size and thickness of your coconut, so check often to avoid burning.) Set aside.

2. Meanwhile, in a small bowl, whisk together vinaigrette ingredients.

3. To 1 Mason jar, add one-third of vinaigrette. Over dressing, layer in 1 cup grains, 1 cup grated veggies, 1 cup lettuce, ½ cup cherry tomatoes and one-third of bacon. Top with a few sunflower sprouts. Tighten lid and repeat with remaining 2 Mason jars. Store in fridge.

4. When ready to eat, vigorously shake Mason jar to completely coat salad ingredients with vinaigrette.

**PER SERVING** (1 Mason jar): Calories: 565, Total Fat: 31 g, Sat. Fat: 14 g, Monounsaturated Fat: 12 g, Polyunsaturated Fat: 3 g, Carbs: 65 g, Fiber: 12 g, Sugars: 13 g, Protein: 11 g, Sodium: 314 mg, Cholesterol: 0 mg





## Falafel Salad Bowls

SERVES 4. HANDS-ON TIME: 40 MINUTES. TOTAL TIME: 50 MINUTES.

Ditch the standard pita and serve falafel patties as part of a colorful salad bowl. The boost of fiber from beans and veggies plus the fermentation from yogurt will do wonders for your microbiome. To save time, use the shredding attachment on your food processor to shred the vegetables.

- 1 cup** dry chickpeas, soaked in water overnight and drained
- 1 small** shallot, quartered
- ¾ cup** chopped fresh flat-leaf parsley, divided
- 4 cloves** garlic, peeled, divided
- 3 tbsp** whole spelt flour
- 2 tsp** lemon zest + 3 tbsp fresh lemon juice, divided
- 1 tsp** each ground cumin and coriander
- 1 tsp** sea salt, divided
- ½ tsp** ground black pepper, divided
- ¼ tsp** ground cayenne pepper, or to taste, optional
- 3 tbsp** olive oil, divided
- 2** eggs, hard-boiled, peeled and chopped
- 2½ cups** chopped cucumber, divided
- 1 cup** chopped radish
- ½ cup** shredded or chopped carrot
- ½ cup** plain whole-milk Greek yogurt
- 1 tbsp** red wine vinegar
- 2 tsp** grainy Dijon mustard
- Pinch** smoked paprika, optional
- 6 cups** shredded romaine lettuce hot sauce, optional

- 1.** Line a baking sheet with parchment paper. Preheat oven to 375°F.
- 2.** To a food processor, add chickpeas, shallot, ½ cup parsley, 3 cloves garlic, flour, 2 tbsp lemon juice, cumin, coriander, ¾ tsp salt, ¼ tsp black pepper and cayenne (if using). Pulse, adding 2 to 3 tbsp water, or as needed, until mixture begins to form a paste but still has some crumb-like texture, 10 to 12 pulses. (**NOTE:** Don't over-process or mixture will turn into hummus.) Carefully remove blade from processor.
- 3.** Using wet hands, use a scant 2 tbsp falafel mixture to form a round, flattened patty about 1½ inches in diameter and place on a plate. Repeat to make 16 patties total. In a large skillet on medium-high, heat 1½ tbsp oil. Cook patties in 2 batches, flipping once until just golden, about 1 minute per side.

Add remaining 1½ tbsp oil between batches. Place browned falafel on prepared baking sheet; transfer to oven to cook through, 15 to 20 minutes. Set aside to cool.

**4.** Meanwhile, in a large bowl, toss together eggs, 2 cups cucumber, radish, carrot and remaining ¼ cup parsley. In a blender, purée yogurt, vinegar, mustard, lemon zest, paprika (if using) and remaining ½ cup cucumber, 1 tbsp lemon juice, 1 clove garlic and ¼ tsp each salt and black pepper. Pour yogurt mixture over cucumber-radish mixture and toss.

**5.** Divide lettuce among plates; top with cucumber-radish mixture and falafels. Serve with hot sauce (if using).

**PER SERVING** (¼ of salad and 4 patties):  
 Calories: 403, Total Fat: 17 g, Sat.  
 Fat: 4.5 g, Monounsaturated Fat: 8 g,  
 Polyunsaturated Fat: 3 g, Carbs: 46.5 g,  
 Fiber: 10 g, Sugars: 10 g, Protein: 19 g,  
 Sodium: 624 mg, Cholesterol: 98 mg

**TIP:** To make this salad portable, pack ingredients into a large Mason jar. Place dressing at the bottom, followed by radish-cucumber mixture, eggs, lettuce and falafels. For extra heat, bring a container of hot sauce on the side (if using).





## Arugula & Goat Cheese Salad

### with Strawberry Vinaigrette

SERVES 4.

HANDS-ON TIME: **10 MINUTES.**

TOTAL TIME: **10 MINUTES.**

Make it to go: Combine all salad ingredients and divide among individual containers the morning of or the night before. Pack dressing separately and combine with salad when ready to eat.

- 1 cup** chopped cored strawberries +  $\frac{3}{4}$  cup sliced strawberries
- $\frac{1}{4}$  cup** red wine vinegar
- 1 tbsp** safflower oil
- 1 tbsp** raw honey
- 5 oz** arugula (about 5 packed cups)
- $\frac{1}{2}$**  red onion, thinly sliced
- 2 tbsp** toasted unsalted pumpkin seeds (aka pepitas)
- 2 oz** goat cheese, crumbled (about  $\frac{1}{2}$  cups)

In a blender, purée 1 cup chopped strawberries, vinegar, oil and honey until smooth. In a large bowl, toss arugula, onion and  $\frac{3}{4}$  cup sliced strawberries. To serve, add dressing



and toss until well coated. Divide among bowls and top with seeds and cheese, dividing evenly. **(MAKE AHEAD:** Dressing can be made up to 3 days in advance and refrigerated in an airtight container.)

**PER SERVING** ( $\frac{1}{4}$  of recipe): Calories: 145, Total Fat: 9 g, Sat. Fat: 3 g, Monounsaturated Fat: 3 g, Polyunsaturated Fat: 1 g, Carbs: 10 g, Fiber: 2 g, Sugars: 8 g, Protein: 5 g, Sodium: 13 mg, Cholesterol: 7 mg

## Roasted Mediterranean Vegetables & Goat Cheese

### with Kamut Macaroni

SERVES 8.

HANDS-ON TIME: **45 MINUTES.**

TOTAL TIME: **45 MINUTES.**

This hearty salad is delicious served cold, but it's great warm, too! Pile this salad, minus the pasta, onto a toasted whole-grain bun for an incredible roasted veggie sandwich.

- 2 cups** Kamut vegetable elbow macaroni or rotini pasta
- 1** red bell pepper, sliced into wedges
- 1** green bell pepper, sliced into wedges
- 1** yellow bell pepper, sliced into wedges
- 1** red onion, thickly sliced into semi-circles
- 1** zucchini, halved lengthwise and sliced into half-moons
- 1** eggplant, quartered lengthwise and sliced
- 1 cup** cherry tomatoes, halved
- 5 oz** soft goat cheese, crumbled

### VINAIGRETTE

- 1 clove** garlic, coarsely chopped
- $\frac{1}{4}$  tsp** each sea salt and fresh ground black pepper
- 2 tbsp** extra-virgin olive oil
- $\frac{1}{2}$  cup** roughly chopped fresh chives
- $\frac{1}{4}$  cup** roughly chopped fresh flat-leaf or Italian parsley
- $\frac{1}{2}$**  packed cup whole fresh basil leaves
- $\frac{1}{2}$  cup** verjus **(TIP:** Look for verjus – the juice of unripe grapes – at gourmet grocers or vineyards. Substitute with white wine vinegar or lemon juice, but you'll need to use a bit less.)

**1.** Preheat oven to 400°F. Prepare pasta according to package directions. Rinse under cold water; drain well and set aside.

**2.** Mist a baking sheet with cooking spray and add bell peppers and onion in a single layer. Roast in oven until just browned but not soft, about 10 minutes. Transfer peppers and onion to a large bowl. Repeat with zucchini and eggplant in a single layer, then tomatoes; once roasted, add to bowl with peppers and onion.

**3.** Meanwhile, prepare vinaigrette: In a blender or food processor, blend all vinaigrette ingredients into a smooth liquid.

**4.** Add pasta and vinaigrette to bowl with vegetables and toss well to coat evenly. Top with cheese and serve.

**PER SERVING** (1 cup): Calories: 191, Total Fat: 5 g, Sat. Fat: 3 g, Carbs: 29 g, Fiber: 5 g, Sugars: 5 g, Protein: 9 g, Sodium: 163 mg, Cholesterol: 8 mg







## Pesto Chicken Potato Salad

SERVES 6. HANDS-ON TIME: 25 MINUTES. TOTAL TIME: 45 MINUTES.

In our twist on a traditional potato salad, a fresh and fragrant pesto brings the chicken, potatoes and green beans together. We've suggested poached chicken here, but you can use any leftover chicken you have on hand.

<b>1 lb</b>	baby redskin or yellow potatoes, scrubbed and halved	<b>PESTO</b>	
<b>8 oz</b>	green beans, trimmed and cut into 2-inch lengths	<b>1 tbsp</b>	raw unsalted walnut pieces
<b>12 oz</b>	boneless, skinless chicken breasts, poached* then shredded	<b>1 tbsp</b>	raw unsalted pine nuts ( <b>TRY:</b> NOW Real Food Raw Organic Pine Nuts)
<b>2 cups</b>	cherry or grape tomatoes, halved	<b>2 cloves</b>	garlic, roughly chopped
		<b>1¼ cups</b>	lightly packed fresh basil (leaves and tender stems)
		<b>½ tsp</b>	sea salt
		<b>¼ tsp</b>	ground black pepper
		<b>¼ cup</b>	extra-virgin olive oil
		<b>2 tbsp</b>	grated Parmesan cheese

**1.** To a large saucepan, add potatoes and enough cold water to cover. Bring to a simmer; cook until just tender, about 15 minutes. Using a slotted spoon, transfer potatoes to a large bowl. Let cool.

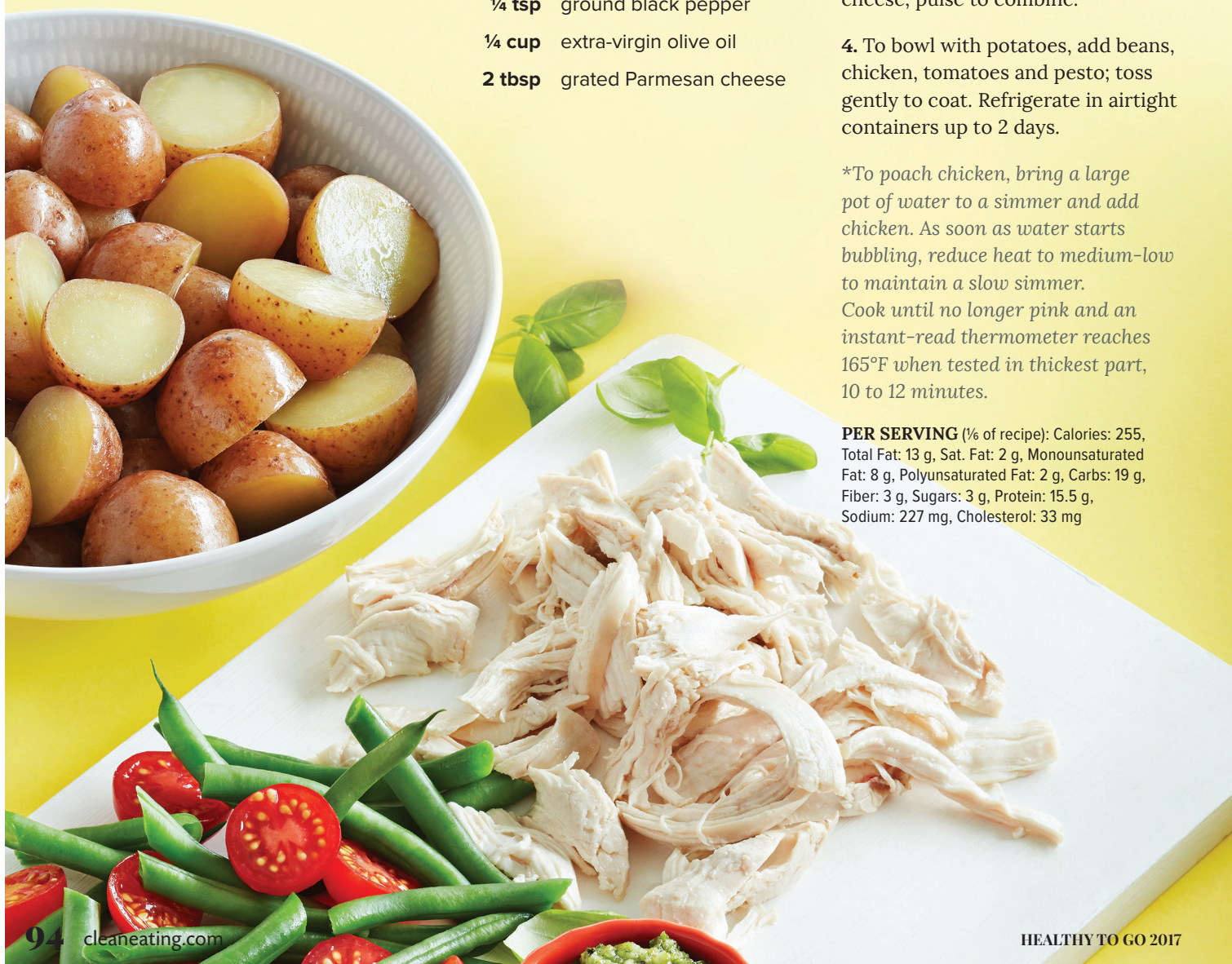
**2.** Return same saucepan of water to a boil. Add beans and cook until tender-crisp, 3 to 4 minutes. Using slotted spoon, transfer to a large bowl of ice water to chill; drain and pat dry. Set aside.

**3.** Meanwhile, prepare pesto: To a mini food processor, add walnuts, pine nuts and garlic; pulse to finely chop. Add basil, salt and pepper; pulse to combine. With motor running, gradually add oil through feed tube; blend until smooth. Add cheese; pulse to combine.

**4.** To bowl with potatoes, add beans, chicken, tomatoes and pesto; toss gently to coat. Refrigerate in airtight containers up to 2 days.

*\*To poach chicken, bring a large pot of water to a simmer and add chicken. As soon as water starts bubbling, reduce heat to medium-low to maintain a slow simmer. Cook until no longer pink and an instant-read thermometer reaches 165°F when tested in thickest part, 10 to 12 minutes.*

**PER SERVING** (½ of recipe): Calories: 255, Total Fat: 13 g, Sat. Fat: 2 g, Monounsaturated Fat: 8 g, Polyunsaturated Fat: 2 g, Carbs: 19 g, Fiber: 3 g, Sugars: 3 g, Protein: 15.5 g, Sodium: 227 mg, Cholesterol: 33 mg





## Antipasto Salad Skewers

SERVES 4. HANDS-ON TIME: 10 MINUTES. TOTAL TIME: 10 MINUTES.

The only thing better than caprese salad? Caprese salad on a stick. Skewering these delectable ingredients makes popping them into your mouth while on the move so much easier.

- 4 cups** baby spinach leaves
- 2 cups** grape tomatoes
- 1 cup** jarred artichoke hearts in water, drained
- 1 cup** large basil leaves
- 8 balls** bocconcini cheese, halved (aka mini mozzarella; about 4 oz total)
- 3 tbsp** extra-virgin olive oil
- 2 tbsp** balsamic vinegar
- 2 tsp** Dijon mustard
- sea salt and ground black pepper, to taste

### EQUIPMENT:

- 8 4-inch** bamboo skewers

**1.** Thread spinach, tomatoes, artichokes, basil and cheese onto 8 4-inch bamboo skewers, alternating vegetables. (Stack spinach and basil leaves and fold to make them easier to skewer.)

**2.** To a small jar, add oil, vinegar, Dijon, salt and pepper. Shake vigorously to combine. Drizzle over skewers just before eating.

### PER SERVING (2 skewers):

Calories: 311, Total Fat: 24 g, Sat. Fat: 9 g, Monounsaturated Fat: 12 g, Polyunsaturated Fat: 2 g, Carbs: 11.5 g, Fiber: 5 g, Sugars: 4 g, Protein: 13 g, Sodium: 227 mg, Cholesterol: 46 mg







## Chunky Chickpea Salad Romaine Boats

SERVES **3**. HANDS-ON TIME: **20 MINUTES**. TOTAL TIME: **20 MINUTES**.


This protein-rich chickpea salad is brimming with Mediterranean flavors such as zesty lemon, parsley and olives.

- |                |   |               |                                       |
|----------------|---|---------------|---------------------------------------|
| <b>1 15-oz</b> | BPA-free can unsalted chickpeas, drained and rinsed | <b>¼ cup</b>  | chopped pitted dates                  |
| <b>2</b>       | green onions, thinly sliced                         | <b>¼ cup</b>  | fresh lemon juice                     |
| <b>1</b>       | plum tomato, seeded and finely chopped              | <b>3 tbsp</b> | finely chopped pitted Kalamata olives |
| <b>½ cup</b>   | finely chopped red bell pepper                      | <b>½ tbsp</b> | olive oil                             |
| <b>½ cup</b>   | chopped fresh flat-leaf parsley leaves              | <b>¼ tsp</b>  | ground cinnamon                       |
|                |   | <b>Pinch</b>  | sea salt                              |
|                |   | <b>9–12</b>   | romaine leaves, rinsed and dried      |

**1.** In a large bowl, coarsely mash chickpeas with a potato masher to a chunky consistency.

**2.** Add onions, tomato, bell pepper, parsley, dates, lemon juice, olives, oil, cinnamon and salt. Stir gently to combine. Divide mixture among 3 8-oz jars or containers with lids.

**3.** Divide romaine among paper towel-lined zip-top bags. Refrigerate chickpea portions and romaine for up to 3 days.

**PER SERVING** (1 cup salad and 3 to 4 romaine leaves): Calories: 262, Total Fat: 6 g, Sat. Fat: 1 g, Monounsaturated Fat: 3 g, Polyunsaturated Fat: 1 g, Carbs: 44 g, Fiber: 11 g, Sugars: 13 g, Protein: 11 g, Sodium: 213 mg, Cholesterol: 0 mg 



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