

Lentil “Guacamole”



This is a great high-protein appetizer and spin-off of traditional guacamole. Lentils are an underutilized pantry item and one of the most earth-friendly foods in terms of environmental impact. They are also high in dietary fiber, potassium, and folate and may help lower cholesterol for heart health. This dish is easy and simple to prepare and can be dressed up with just a few extra ingredients. Bring a new favorite dip to the next potluck or BBQ with friends.

Ingredients:

- 1 small yellow onion, chopped
- 1 medium tomato, chopped
- 1 cup red (or yellow) lentils
- 4 cups of water
- ½ red onion, chopped
- 1 garlic clove, minced
- 1 teaspoon cumin, ground
- 2 teaspoons salt
- 1 teaspoon pepper
- 1 cup cilantro, leaves and stems
- ¼ cup olive oil
- 2 Tablespoons fresh lime juice

Preparation:

1. Combine lentils, yellow onion, garlic, cumin, salt, pepper, and water in a medium saucepan. Bring to a boil, then reduce heat to medium-low. Let simmer for 25-30 minutes, or until lentils are tender and falling apart. Allow to cool.
2. Blend lentil mixture in a blender or food processor with oil, cilantro, and lime juice until smooth.
3. Fold in red onion and tomato. Garnish with chopped cilantro and olive oil. Season to taste or as needed.

Makes 7 cups.

Approximate nutrition information for ¼ cup:

Total Calories	Total Fat	Saturated Fat	Cholesterol	Dietary Fiber	Protein	Carbohydrate
50kcal	2g	<1g	0mg	1g	2g	5g
Vitamin A	Vitamin C	Vitamin E	Folate	Calcium	Iron	Sodium
1%	2%	2%	1%	1%	3%	170mg/7%

Recipe adapted from Bon Appetit and Chef Mina Stone

Simple Red Lentil Soup



A hearty and wholesome soup that embodies Earth. Spiced with traditional flavors of the East such as cumin and curry. This soup is simple to prepare, and delicious to eat, even when reheated. Pair with some pita to add depth to your meal. An incredibly satisfying, rich, and simple soup for you to enjoy.

Ingredients:

- 2 Tablespoons olive oil
- 1 large onion, finely chopped
- 3 cloves garlic, minced
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- ½ teaspoon curry powder
- 2 cups red lentils, rinsed and picked through
- 5 to 6 cups reduced-sodium vegetable broth or stock
- One 14.5-oz can diced tomatoes
- 5 ounces baby spinach or another leafy green (*optional*)
- ½ teaspoon salt, or more to taste
- Freshly ground black pepper to taste
- 1 Tablespoon lemon juice, or more, to taste

Preparation:

1. Heat oil in a large soup pot over medium heat.
2. Add onions and cook until soft, about 7 minutes.
3. Stir in garlic, cumin, coriander, curry, and lentils. Cook until fragrant, 2-3 minutes.
4. Pour in vegetable broth to cover and bring to a boil. Reduce to a simmer and cook until lentils are tender, about 25 minutes.
5. Add tomatoes and continue cooking for a few more minutes until tomatoes have heated through.
6. Stir in spinach, salt, black pepper, and lemon juice. Cook for 2-3 more minutes until spinach wilts.

Makes about 10 cups.

Approximate nutrition information for 1 cup:

Total Calories	Total Fat	Saturated Fat	Cholesterol	Dietary Fiber	Protein	Carbohydrate
200 kcal	3.5g	0.5g	0mg	8g	12g	30g
Vitamin A	Vitamin C	Vitamin E	Folate	Calcium	Iron	Sodium
26%	21%	3%	8%	5%	15%	180mg/8%

Recipe adapted from PCC Sound Consumer newsletter.

Roasted Carrot Tart



This recipe is a great spring or late summer dish. It utilizes the entire carrot by making a carrot top pesto. The carrots are the star of the show here so if you see nice carrots at the farmers market this would be a great way to use them. Substitute the herbs for whatever you have on hand: basil for a more traditional pesto or parsley and mint for a Middle eastern twist. Use a mortar and pestle to make the pesto instead of the food processor to better control the texture, if desired.

Ingredients:

10 small to medium skinny carrots with greens, preferably multicolored (about 1 pound)	¼ cup grated Parmesan cheese
6 Tablespoons extra-virgin olive oil	2 Tablespoons slivered almonds
½ teaspoon salt	1 clove of garlic
½ teaspoon ground pepper	1 sheet frozen puff pastry, thawed
¼ cup chopped fresh dill (more for garnish)	6 Tablespoons whole-milk ricotta
¼ cup chopped fresh tarragon (more for garnish)	1 Tablespoon minced shallot

Preparation:

1. Preheat the oven to 400 degrees F. Coat a large, rimmed baking sheet with cooking spray. Line another baking sheet with parchment paper.
2. Cut greens off carrots if still attached, reserve. Halve the carrots lengthwise and toss with 1 tablespoon oil and 1/4 teaspoon each salt and pepper in a large bowl. Transfer to the sprayed baking sheet. Roast, flipping occasionally, until tender when pierced with a paring knife, 20 to 25 minutes.
3. Meanwhile, prepare the pesto by placing 1 cup of the reserved carrot greens, dill, tarragon, Parmesan, almonds, garlic, and the remaining 1/4 teaspoon salt and pepper in a food processor. Pulse until coarsely chopped, scraping down the sides once or twice. With the food processor running, add the remaining 5 tablespoons of oil and continue to process until well combined. Set aside.
4. Roll puff pastry out onto the parchment-lined baking sheet. Using a paring knife, lightly score a 1/2-inch border around the edge of the pastry. Prick with a fork everywhere but the border. Use a fork to press the dough within the border so it is flat, leave the border puffed.
5. Combine ricotta and shallot in a small bowl. Evenly spread the mixture on the pastry, then spread 5 tablespoons of the pesto over it. Arrange the roasted carrots in a single layer on the pesto.
6. Bake the tart until the crust is golden brown, 15 to 20 minutes. While still warm, brush the carrots with 1 tablespoon of the pesto. Garnish with more carrot greens, dill and tarragon, if desired.

Makes 6 servings.

Approximate nutrition information for 1 serving:

Total Calories	Total Fat	Saturated Fat	Cholesterol	Dietary Fiber	Protein	Carbohydrate
380 kcal	28g	9g	10mg	4g	8g	30g
Vitamin A	Vitamin C	Vitamin E	Folate	Calcium	Iron	Sodium
300%	13%	<1%	1%	12%	7%	480mg/20%

Recipe by Breanna Killeen at eatingwell.com

Fridge Fried Rice



Do you have day-old rice or a bunch of leftover vegetables you need to repurpose? Whether they are fresh, frozen, or previously cooked, fridge fried rice is the perfect way to make sure they don't go to waste! The flexibility of ingredients allows you to customize this dish to whatever you desire or have on hand. The quick cooking time also makes it ideal for a weeknight meal and helps you reduce food waste.

Ingredients:

- 2 Tablespoons cooking oil (such as sunflower)
- 2 cups vegetables, diced (such as a mix of carrot, celery, bell peppers, onions, mushrooms)
- ½ cup green onions, sliced, plus extra diced for garnish
- 4 cups rice, cooked, cold (preferably a day old)
- 2 Tablespoons soy sauce
- 2 eggs, beaten
- 1 teaspoon sesame oil

Preparation:

1. Beat eggs in a small bowl and stir in soy and sesame oil. Set aside.
2. Heat pan or wok using medium heat and add vegetable oil.
3. Add vegetables to pan and stir fry until just softened, about 5 minutes.
4. Add rice to pan and stir constantly with a spatula, making sure to break up any large pieces. Do this for about 3-5 minutes or until the mixture is hot.
5. Add egg mixture to rice and stir thoroughly to combine and cook the eggs, about 2 to 3 minutes.
6. Remove from heat, top with green onions, and serve.

Makes 7 cups.

Approximate nutrition information for 1-cup:

Total Calories	Total Fat	Saturated Fat	Cholesterol	Dietary Fiber	Protein	Carbohydrate
190 kcal	6g	1g	60mg	1g	5g	28g
Vitamin A	Vitamin C	Vitamin E	Folate	Calcium	Iron	Sodium
34%	21%	4%	17%	2%	9%	500mg/21%

Recipe adapted from the [cookingguy.com](http://www.cookingguy.com)

Protein Brownies



These black bean brownies are a warm treat to share with the ones you love. Beans in your brownies might seem odd, but they add fiber and healthy plant protein without compromising the moist deliciousness that you expect from a brownie. Top with fresh fruit and you'll have the perfect dessert.

Ingredients:

- ½ cup cocoa powder
- 1 cup sugar
- ⅔ teaspoon baking powder
- ⅔ cup all-purpose flour
- ½ teaspoon salt
- 4 eggs
- ½ cup unsalted butter (1 stick)
- 1 cup canned black beans, low sodium, drained and rinsed (about ½ can)
- 1 teaspoon vanilla

Preparation:

1. Preheat the oven to 350° F.
2. Puree black beans in a food processor until smooth. If beans are not blending add a tablespoon or 2 of water and scrape down the sides.
3. Mix eggs, butter, black bean puree, and vanilla extract until well blended.
4. Sift together cocoa, sugar, baking powder, flour, and salt into a wet mixture.
5. Grease an 8x8 inch baking dish with spray oil and pour batter into the pan.
6. Bake at 350° F for 20 minutes and monitor another 5 minutes until desired goeyness.

Makes 16 brownies (2-inch squares each).

Approximate nutrition information for one 2"x2" Brownie:

Total Calories	Total Fat	Saturated Fat	Cholesterol	Dietary Fiber	Protein	Carbohydrate
150kcal	7g	4g	60mg	2g	3.5g	20g
Vitamin A	Vitamin C	Vitamin E	Folate	Calcium	Iron	Sodium
5%	<1%	2%	4%	3%	5%	110mg/5%

Recipe adapted from Happy Herbivore

Chocolate Pudding “Dirt” Cups



This recipe truly brings the nostalgia of childhood. A plant-based pudding recipe with no added sugar, is a great dessert to satisfy that sweet tooth. Dates are naturally sweet, high in fiber and rich in antioxidants, which are good for gut and immunity health. This recipe doesn't require a lot of ingredients and is a fun, healthy alternative to make to a popular dessert.

Ingredients:

For the Pudding:

- ¼ cup chia seeds
- 6 Medjool dates, pitted
- 1¼ cup soy milk
- ¼ cup cacao powder

For the “dirt”:

- 10 Medjool dates, pitted
- ½ cup rolled oats
- 2 Tablespoons cacao powder

For the “worms” (optional):

- 5 Medjool dates, pitted
- 1 Tablespoon cacao powder
- 1 to 2 Tablespoons oat or other flour

Preparation:

1. Pudding: Combine all ingredients in a bowl, let soak in milk for 30 minutes. Then blend mixture until smooth and creamy. Refrigerate overnight for a thicker consistency.
2. Dirt: Combine all ingredients in a blender or food processor. Blend or process on low until mixture begins clumping.
3. Worms: Combine dates and cacao powder in a blender or food processor. Blend or process, then add oat flour 1 Tablespoon at a time until consistency is sticky and dough like. Roll worms out with hands and place on a wax paper lined sheet and refrigerate for at least one hour.
4. Assembly: Layer dirt and pudding in cups as desired and top with dirt and worms.

Makes about 2 cups.

Approximate nutrition information for ½ cup:

Total Calories	Total Fat	Saturated Fat	Cholesterol	Dietary Fiber	Protein	Carbohydrate
250 kcal	5g	2g	0mg	6g	6g	50g
Vitamin A	Vitamin C	Vitamin E	Folate	Calcium	Iron	Sodium
3%	0%	0%	4%	11%	9%	23mg/1%

Recipe adapted from Feasting on Fruit

Spring Dijon Vinaigrette



Homemade dressings are easy and inexpensive to make. Use them on any combination of lettuces, herbs, and vegetables you like. They keep in a sealed container (such as a mason jar) for about a week (or longer if there are no dairy ingredients).

Ingredients:

¼ cup red or white wine vinegar
1 Tablespoon Dijon mustard
¼ teaspoon coarse sea salt
⅛ teaspoon ground black pepper
¾ cup olive oil

Preparation:

Add all ingredients to a pint-sized jar and shake vigorously until everything has mixed well. Alternatively, you can use a food processor.

Makes about 1 cup.

Approximate nutrition information per 2-Tablespoon serving:

Total Calories	Total Fat	Saturated Fat	Cholesterol	Dietary Fiber	Protein	Carbohydrate
180kcal	20g	3g	0mg	0g	0g	<1g
Vitamin A	Vitamin C	Vitamin E	Folate	Calcium	Iron	Sodium
<1%	0%	16%	0%	<1%	0%	100mg/4%