

nourish: simple meals for the whole family

table of contents

breakfast

Apple Sauce Oat Muffin.....	11
Banana Oatmeal Pancakes.....	12
Peach Oatmeal.....	13
Breakfast Potatoes.....	14
Greek Yogurt Berry Parfait.....	15
Eggs and Tomato Green Bean Sauce.....	16
Tex-Mex Breakfast Taco.....	17
Besan Chilla.....	18
African Coconut Rice Pancakes.....	19

soups and salads

Mexican Noodle Soup.....	21
One-Pot African Peanut Stew.....	22
Turkey and Sweet Potato Chili.....	23
Vegan Pozole.....	24
Yukon Salmon Soup.....	25
Vegetable Chili.....	26
Chicken Enchilada Soup.....	27
Ghanian Egg Stew.....	28
Coconut Lentil Soup.....	29

table of contents

Garbanzo Bean Salad.....	30
Tuna Pasta Salad.....	31
Pinto Bean Salad.....	32

entrees

Red Beans and Rice.....	34
Barley Jambalaya.....	35
Curried Chickpeas with Spinach.....	36
Refried Bean Burgers.....	37
Cajun Shrimp and Rice.....	38
Spinach Spaghetti Bake.....	39
Salmon Fried Rice.....	40
Salmon Patties.....	41
Ground Beef and Succotash.....	42
Honey Garlic Chicken Skewers.....	43
Sweet Potato and Lentil Patties.....	44
Pork Loin with Curry Sauce.....	45
Paneer Saag.....	46

table of contents

side dishes

Mexican Style Zucchini.....	48
Spicy Collard Greens.....	49
Orange Chickpeas.....	50
Peanut Sesame Noodles.....	51
African Stewed Black-Eyed Peas.....	52

snacks

Peach Salsa.....	54
Avocado and Corn Salsa.....	55
Date Energy Balls.....	56
Kale Chips.....	57
Fiesta Hummus.....	58
Black Bean Brownies.....	59
English Muffin Pizzas.....	60
Chili Popcorn.....	61
Banana Ice Cream.....	62
Baked Plantain Chips.....	63
Yogurt Fruit Dip.....	64
Greek Yogurt Ranch Dip.....	65

spices by cuisine

explore flavors from around the world and make
each dish your own

MEXICAN



coriander
cumin
oregano
garlic powder
cinnamon
chili powder

CARIBBEAN



allspice
nutmeg
garlic powder
cloves
cinnamon
ginger

FRENCH



nutmeg
thyme
garlic powder
rosemary
oregano
herbes de provence

NORTH AFRICAN



cardamom
cinnamon
cumin
paprika
turmeric
ginger
ras el hanout

CAJUN



cayenne pepper
oregano
paprika
thyme
rosemary
bay leaves
Cajun seasoning

THAI



basil
cumin
garlic
ginger
turmeric
cardamom
curry powder

MEDITERRANEAN



oregano
rosemary
thyme
bay leaves
cardamom
cinnamon
cloves
coriander
basil
ginger

INDIAN



bay leaves
cardamom
cayenne pepper
cinnamon
coriander
cumin
ginger
nutmeg
paprika
turmeric
garam masala

MIDDLE EASTERN



bay leaves
cardamom
cinnamon
cloves
cumin
ginger
coriander
oregano
za'atar
garlic powder

measurement conversions

DRY MEASUREMENTS

Cups	Tablespoons	Teaspoons	Milliliters (approx.)
1 cup	16 Tbsp	48 tsp	250 ml
3/4 cup	12 Tbsp	36 tsp	188 ml
2/3 cup	10 Tbsp + 2 tsp	32 tsp	158 ml
1/2 cup	8 Tbsp	24 tsp	125 ml
1/3 cup	5 Tbsp + 1 tsp	16 tsp	80 ml
1/4 cup	4 Tbsp	12 tsp	60 ml
1 Tbsp	3 tsp	—	15 ml
1 tsp	—	—	5 ml

LIQUID MEASUREMENTS

Liquid	Cups	Fluid Ounces	Milliliters
1 gallon	16 cups	128 fl oz	3785 ml
1 quart	4 cups	32 fl oz	946 ml
1 pint	2 cups	16 fl oz	473 ml
1 cup	—	8 fl oz	240 ml
1/2 cup	—	4 fl oz	120 ml
1/4 cup	—	2 fl oz	60 ml
1 Tbsp	—	0.5 fl oz	15 ml
1 tsp	—	—	5 ml

WEIGHT CONVERSIONS

Imperial	Metric
1/2 oz	15 g
1 oz	28.35 g
2 oz	57 g
4 oz	113 g
8 oz	227 g

OVEN TEMPERATURE

Cooking Term	Fahrenheit	Celsius
Warming	200°F	90°C
Very Slow	250°F	120°C
Slow	300°F	150°C
Moderate	350°F	180°C
Moderately Hot	375°F	190°C
Hot	400°F	200°C
Very Hot	450°F	230°C
Extremely Hot	475°F and above	245°C and above

build healthy eating habits

fruits

Make half your plate fruits and veggies.
Fresh, frozen, canned, and dried all count!

Focus on whole fruits - They're packed with vitamins, water, and fiber.



vegetables

Vary your veggies.

Mix dark greens, starchy vegetables, and beans.

Try different colors.

Red, green, orange, and purple foods help your body in different ways.



dairy

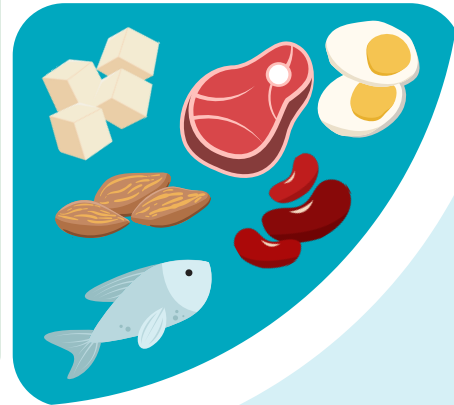
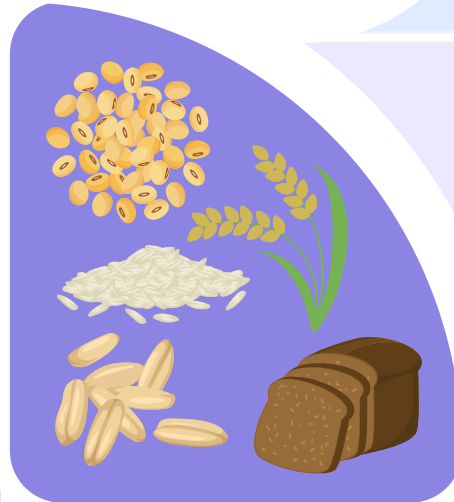
Choose low-fat or fat-free dairy.

Look for milk, yogurt, or fortified soy options.

grains

Make half your grains whole grains.

Try brown rice, whole-wheat pasta, or oats for more fiber.



protein

Vary your protein. Include seafood, lean meats, eggs, nuts, tofu, or beans throughout the week.

swap smart at the pantry

Support your health with every food choice

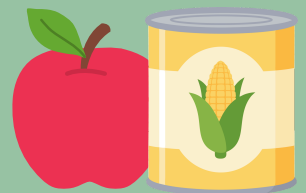
Think of your grocery cart like a traffic light
Each food gets a color - here's what they mean:



GREEN - Go for it!

Low in added sugar, sodium and saturated fat

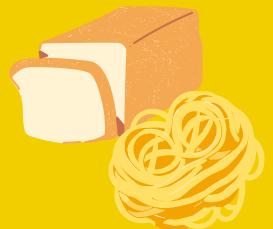
Apples, canned veggies (low salt), oats



YELLOW - Sometimes

Moderate amounts of salt, sugar or fat

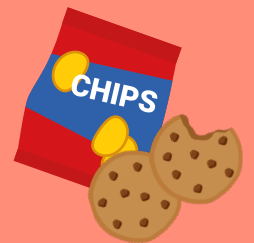
Bread, yogurt, pasta, juice



RED - Treats or Occasional Foods

High in salt, sugar and saturated fat

Chips, cookies, sugary cereals



Pantry Tips for Families:

- Pick more GREEN foods to build your meals!
- Limit RED choices to once in a while
- Make ½ your plate fruits and veggies
- Look for labels with “low sodium” and “no sugar added”

is this still good?

Helping your family eat
smart and safe

If it smells bad,
looks weird, or has
mold — toss it!

SELL BY

Tells stores how long
to display the product

Not a safety date
(except for meat,
poultry and fish)

BEST BEFORE / USE BY

Best Before: Enjoy before
this date for best flavor

Use By: Last day
recommended for top
quality

Still safe after, just might
taste a little different!

EXPIRATION DATE

Do not use past this date!

Check this for baby
formula and highly
perishable foods

FREEZE BY

For long lasting
freshness

Tells us when to
freeze it to keep it
fresh



breakfast

apple sauce oat muffin

SERVES: 12

PREP TIME: 10 MINUTES

COOK TIME: 18 MINUTES

VEGETARIAN NO NUTS

INGREDIENTS

Dry Ingredients

- 1 ½ cups oats
- 1 ¼ cups flour
- ½ cup packed brown sugar
- 1 teaspoon baking powder
- ¾ teaspoon baking soda
- 1 teaspoon ground cinnamon
- ½ teaspoon salt

Wet Ingredients

- 1 cup applesauce, unsweetened
- ½ cup milk (2% used in nutrition facts)
- 3 tablespoon oil
- 1 egg

Topping

- ¼ cup oats
- 1 tablespoon brown sugar
- 1 tablespoon butter, melted

DIRECTIONS

1. Preheat oven to 400°F, coat muffin pan with oil.
2. In a large bowl, combine dry ingredients (oats, flour, brown sugar, baking powder, baking soda, cinnamon, and salt).
3. In a separate bowl, combine the applesauce, milk, oil, and the egg. Stir in dry ingredients.
4. Fill muffin cups ¾ full of mixture.
5. Combine topping ingredients, then sprinkle over batter.
6. Bake for 16-18 minutes or until a toothpick comes out clean.

If your batter becomes too thick, stir in 1-2 tablespoons of milk. This adds moisture and keeps the muffins tender.

NUTRITION INFORMATION

Per Serving: Calories: 196;
Carbohydrates: 30g; Sugar: 13g;
Fiber: 2g; Total Fat: 6g; Protein: 4g;
Sodium: 215mg.

banana oatmeal pancakes

SERVES: 12

PREP TIME: 10 MINUTES

COOK TIME: 18 MINUTES

VEGETARIAN NO NUTS NO DAIRY

INGREDIENTS

- 1 medium ripe banana
- 2 large eggs
- $\frac{1}{3}$ cup oats
- $\frac{1}{4}$ teaspoon cinnamon
- $\frac{1}{4}$ cup blueberries
- Cooking oil

NUTRITION INFORMATION

Per Serving: Calories: 288;
Carbohydrates: 38g; Sugar: 15g;
Fiber: 4g; Total Fat: 9g; Protein: 15g;
Sodium: 143mg.

DIRECTIONS

1. Put the banana in a bowl and mash it with a fork.
2. Add the eggs and mix until well combined.
3. Add the oats, blueberries and cinnamon to the banana mix and stir well.
4. Heat a skillet over medium heat and coat the bottom with a thin layer of oil.
5. Pour $\frac{1}{4}$ cup of the mixture into the skillet, cook on one side for 2 minutes.
6. When the side of the pancakes is bubbling and starts to look dry, it is time to flip it.
7. Cook on the other side for 1 – 2 minutes or until golden brown.
8. Serve with peanut butter, syrup or vanilla yogurt on top.

Use 2–3 tablespoons of all-purpose flour if you don't have oats. This keeps the batter fluffy.

peach oatmeal

SERVES: 4

PREP TIME: 3 MINUTES

COOK TIME: 3 MINUTES

VEGAN NO NUTS NO DAIRY

INGREDIENTS

- 2 – 15 oz cans sliced peaches, drained
- 2 cups water
- 2 cups quick-cooking oats
- ¼ cup packed brown sugar
- 1 teaspoon ground cinnamon
- 1 pinch salt

DIRECTIONS

1. Combine all ingredients in a microwave-safe bowl.
2. Cook in microwave on high for 3 minutes, stirring every 60 seconds.

NUTRITION INFORMATION

Per Serving: Calories: 226;
Carbohydrates: 50g; Sugar: 26g;
Fiber: 5g; Total Fat: 1g; Protein: 4g;
Sodium: 115mg.

Replace ½ cup of the water with milk or a dairy-free milk alternative for a creamier texture.

breakfast potatoes

SERVES: 4

PREP TIME: 10 MINUTES

COOK TIME: 20-25 MINUTES

VEGAN NO NUTS NO DAIRY

INGREDIENTS

- 2 tablespoon olive oil
- 4 medium potatoes, cut into bite-sized pieces
- 2 cloves garlic, minced
- 1 small onion, diced
- 2 bell peppers, diced
- ¼ teaspoon cayenne pepper
- ½ teaspoon salt
- 1 teaspoon pepper

NUTRITION INFORMATION

Per Serving: Calories: 190;
Carbohydrates: 28g; Sugar: 3g;
Fiber: 3g; Total Fat: 8g; Protein: 3g;
Sodium: 255mg.

DIRECTIONS

1. Heat olive oil in skillet over medium heat.
2. Add all ingredients and sauté until crispy, turning occasionally.

Add paprika or a splash of lemon juice at the end to boost flavor and brighten the dish.

Greek yogurt berry parfait

SERVES: 4

PREP TIME: 10 MINUTES

VEGETARIAN NO NUTS

INGREDIENTS

- 2 cups plain Greek yogurt
- 2 cups strawberries
- 2 cups blueberries
- 2 cups granola
- 3- 4 teaspoons of honey

NUTRITION INFORMATION

Per Serving: Calories: 415;
Carbohydrates: 58g; Sugar: 38g;
Fiber: 7g; Total Fat: 9g; Protein: 21g;
Sodium: 85mg.

DIRECTIONS

1. Rinse the berries under cold water. Pat them dry with a clean paper towel. Slice the strawberries.
2. For each parfait, layer the following in a cup or glass:
 - 1/4 cup Greek yogurt
 - 1/4 cup sliced strawberries
 - 1/4 cup blueberries
 - 1/4 cup granola
3. Drizzle honey on top for each parfait.

Use frozen berries if you don't have fresh ones. They're still nutritious, and thaw well for parfaits.

eggs and tomato green bean sauce

SERVES: 4

PREP TIME: 5 MINUTES

COOK TIME: 10-12 MINUTES

NO NUTS

INGREDIENTS

- 2 tablespoons olive oil
- 1 can (14.5 oz) diced tomatoes, drained
- 1 can (14.5 oz) green beans, drained
- 4–5 garlic cloves, left whole
- ½ cup sliced ham, chopped
- 4–5 eggs
- Salt and pepper, to taste
- 2–3 tablespoons crumbled goat cheese or feta cheese
- ½ teaspoon sesame seeds (optional)

NUTRITION INFORMATION

Per Serving: Calories: 175;
Carbohydrates: 4g; Sugar: 2g;
Fiber: 1g; Total Fat: 12g; Protein:
10g; Sodium: 350mg.

DIRECTIONS

1. Warm the olive oil in a large pan over medium heat.
2. Add the tomatoes, green beans, and whole garlic cloves. Cook for 3–5 minutes, or until some of the liquid starts to dry up.
3. Stir in the chopped ham and cook for another 1–2 minutes.
4. Crack the eggs into the pan. Let them cook without breaking the yolks until they are as firm as you like.
5. Season with salt, pepper, and sesame seeds if you want.
6. Turn off the heat and sprinkle the cheese on top. Serve warm.

Skip the ham and add extra veggies like spinach or zucchini to make the dish vegetarian and lower the sodium.

Tex-Mex breakfast taco

SERVES: 8 TACOS

PREP TIME: 10 MINUTES

COOK TIME: 20 MINUTES

NO NUTS

INGREDIENTS

- 1 tablespoon cooking oil
- 1 Roma tomato, diced
- ½ onion, finely diced
- 1 jalapeño, minced
- ¼ bunch fresh cilantro, chopped
- 4 large eggs, beaten
- 1 lb breakfast sausage
- 2 medium red potatoes, diced into bite-sized cubes
- 2 garlic cloves, minced
- Salt and pepper, to taste
- 8 tortillas
- Shredded cheese
- Salsa (for serving)

NUTRITION INFORMATION

Per Serving: Calories: 265;
Carbohydrates: 22 g; Sugar: 2 g;
Fiber: 2 g; Total Fat: 14 g; Protein: 14 g;
Sodium: 510 mg.

DIRECTIONS

1. Heat the oil in a large skillet over medium heat. Add the tomato, onion, jalapeño, and cilantro. Cook a few minutes until soft.
2. Pour in the beaten eggs and scramble until cooked. Transfer eggs to a bowl.
3. Cook the breakfast sausage according to the package. Move to a bowl once done.
4. Add the potatoes, garlic, salt, and pepper to the skillet. Cook until the potatoes are golden and slightly crispy.
5. Add the cooked eggs and sausage back into the skillet. Stir everything together.
6. Warm a tortilla in the skillet. Add a little shredded cheese so it melts.
7. Spoon the filling onto the tortilla and top with salsa. Repeat with the remaining tortillas.

besan chilla

SERVES: 6 CHILLAS

PREP TIME: 10 MINUTES

COOK TIME: 10 MINUTES

VEGAN NO NUTS NO DAIRY

INGREDIENTS

- 1 cup gram flour (chickpea flour)
- ¼ teaspoon carom seeds (optional)
- 2 green chili peppers, finely diced
- ¼ teaspoon ground ginger
- ½ red onion, finely chopped
- 1 Roma tomato, finely chopped
- 2 tablespoons cilantro, chopped
- ½ teaspoon salt
- ¼ teaspoon turmeric
- ½ teaspoon chili powder
- ½ cup water
- 1 tablespoon oil (for cooking)

NUTRITION INFORMATION

Per Serving: Calories: 110;
Carbohydrates: 13 g; Sugar: 2 g;
Fiber: 2 g; Total Fat: 4 g; Protein: 5
g; Sodium: 160 mg.

Use rice flour or all-purpose flour as a substitute for gram flour.

DIRECTIONS

1. In a large bowl, mix the gram flour, carom seeds, chili peppers, ginger, onion, tomato, cilantro, salt, turmeric, and chili powder.
2. Add a little water at a time while whisking. Mix until the batter is smooth and medium-thick—easy to pour but not runny.
3. Heat 1 teaspoon of oil in a skillet over medium heat.
4. Pour about ¼ cup of batter into the pan and spread it gently into a round pancake.
5. Cook for 2–3 minutes until bubbles start to pop on top, then flip.
6. Press lightly and cook 1–2 more minutes until both sides are golden.
7. Repeat with the rest of the batter, adding a little more oil as needed.
8. Serve warm with eggs, yogurt, chutney, or any dipping sauce you like.

African coconut rice pancakes

SERVES: 10 PANCAKES

PREP TIME: 10 MINUTES
+ OVERNIGHT SOAK

COOK TIME: 25 MINUTES

VEGAN NO NUTS NO DAIRY

INGREDIENTS

- 2 cups rice
- 1 (14 oz) can coconut milk
- $\frac{1}{4}$ cup sugar
- $\frac{3}{4}$ teaspoon salt
- 1 teaspoon instant yeast
- $\frac{1}{2}$ teaspoon cinnamon
- $\frac{1}{4}$ cup vegetable oil (for cooking)

NUTRITION INFORMATION

Per Serving: Calories: 140;
Carbohydrates: 20 g; Sugar: 4 g;
Fiber: 1 g; Total Fat: 5 g; Protein: 2 g;
Sodium: 150 mg.

Cook, cool, and refrigerate the dish for up to 2 days to make it ahead. Reheat in a pan when ready to serve.

DIRECTIONS

1. Put the rice in a bowl and cover it with water. Soak it overnight.
2. The next day, drain the water. Add the soaked rice, coconut milk, sugar, salt, yeast, and cinnamon to a blender. Blend until smooth.
3. Pour the batter into a bowl. Cover it and let it sit in a warm place for 30 minutes, or until bubbles form on top.
4. Heat 1 teaspoon of oil in a skillet over medium heat.
5. Pour $\frac{1}{4}$ cup of batter into the center of the pan.
6. Cook about 2 minutes until bubbles appear and the edges look dry. Flip and cook another 2 minutes until golden.
7. Repeat with the rest of the batter, adding more oil as needed.
8. Serve warm with syrup or fresh fruit.



soups and salads

Mexican noodle soup

SERVES: 6

PREP TIME: 10 MINUTES

COOK TIME: 20 MINUTES

VEGAN NO NUTS NO DAIRY

INGREDIENTS

- 1 tablespoon oil
- 8 ounces angel hair pasta
- 2 cans diced tomatoes
- 1 onion, chopped
- 2 garlic cloves
- 1 teaspoon cumin
- 6 cups vegetable broth
- 1 lime, cut into wedges
- ¼ bunch fresh cilantro

NUTRITION INFORMATION

Per Serving: Calories: 190;
Carbohydrates: 32 g; Sugar: 5 g;
Fiber: 3 g; Total Fat: 4 g; Protein: 5
g; Sodium: 480 mg.

DIRECTIONS

1. Heat the oil in a large soup pot over medium-low heat. Break the angel hair pasta into 1–2 inch pieces and add them to the pot. Cook 3–5 minutes, stirring often, until lightly golden.
2. While the noodles brown, blend the diced tomatoes, onion, garlic, and cumin until smooth.
3. Pour the blended mixture into the pot with the toasted noodles. Stir well so they don't stick. Let simmer 1 minute.
4. Add the vegetable broth. Bring to a boil and cook until the noodles are al dente, stirring often.
5. Serve warm with lime wedges and fresh cilantro.

one pot African peanut stew

SERVES: 6

PREP TIME: 10 MINUTES

COOK TIME: 40 MINUTES

VEGAN

NO DAIRY

INGREDIENTS

- 1 tablespoon olive oil
- 1 yellow onion, diced
- 1 jalapeño, cored and diced
- 3–4 garlic cloves, minced
- 2-inch piece ginger, peeled and minced
- 2 teaspoons cumin
- ¼ teaspoon cayenne pepper
- 3 tablespoons tomato paste
- 2 cups diced sweet potatoes
- ½ cup creamy peanut butter
- 4 cups vegetable broth
- 1 cup water
- 1 bunch collard greens, chopped

NUTRITION INFORMATION

Per Serving: Calories: 320;
Carbohydrates: 28 g; Sugar: 6 g;
Fiber: 5 g; Total Fat: 20 g; Protein:
10 g; Sodium: 430 mg.

Use 2 teaspoons of ground ginger if you don't have fresh ginger.

DIRECTIONS

1. Heat the oil in a large pot over medium heat. Add the onion and cook until soft and clear.
2. Add the jalapeño, garlic, ginger, cumin, and cayenne. Stir and cook for 3 minutes.
3. Add the tomato paste, sweet potatoes, peanut butter, vegetable broth, and water. Mix well.
4. Bring the pot to a boil. Lower the heat, cover, and simmer for 15 minutes.
5. Add the chopped collard greens. Cook another 15 minutes until everything is tender.
6. (Optional) Lightly mash some of the sweet potatoes with a spoon to thicken the stew.
7. Turn the heat up and let the stew boil for 5 minutes.
8. Serve warm. Great with rice and toppings like fresh cilantro, chopped peanuts, or lime juice.

turkey and sweet potato chili

SERVES: 6

PREP TIME: 10 MINUTES

COOK TIME: 30-35 MINUTES

EGG FREE NO NUTS NO DAIRY

INGREDIENTS

- 1 tablespoon canola oil
- 1 large onion, chopped
- 2 tablespoons chili powder
- 1 package (16–20 oz) ground turkey
- 1 can (15 oz) tomato sauce
- 1 lb sweet potatoes (about 2 medium), peeled and cut into ½-inch cubes
- 2 cans (15 oz each) kidney beans, with liquid
- ½ teaspoon salt

NUTRITION INFORMATION

Per Serving: Calories: 335;
Carbohydrates: 32 g; Sugar: 6 g;
Fiber: 7 g; Total Fat: 18 g; Protein:
20 g; Sodium: 420 mg.

DIRECTIONS

1. Heat the oil in a large pot over medium heat. Add the onion and cook for about 5 minutes until lightly browned.
2. Stir in the chili powder and cook for 30 seconds.
3. Add the ground turkey. Break it into small pieces and cook until browned.
4. Add the tomato sauce and cook for 2 minutes.
5. Add the sweet potatoes. Simmer for about 15 minutes, or until the potatoes are tender.
6. Add the kidney beans with their liquid. Add the salt and more chili powder if you want it spicier.
7. Simmer until everything is hot. Serve warm.

Use canned sweet potatoes as an easy swap for fresh. Just drain, rinse, and add them with the beans.

vegan pozole

SERVES: 8

PREP TIME: 15 MINUTES

COOK TIME: 45–55 MINUTES

VEGAN NO NUTS NO DAIRY

INGREDIENTS

- 2 cans (25 oz each) hominy, rinsed and drained
- 2 medium potatoes, diced
- 4 medium carrots, peeled and sliced
- 1 small onion, diced
- 2 tablespoons garlic, minced
- 2 teaspoons oregano
- ½ teaspoon cumin powder
- 2 cups vegetable broth
- 8 cups water
- 2 poblano or Anaheim chiles, seeded and diced
- 2½ teaspoons chili powder
- 2 bay leaves
- Salt to taste
- Optional toppings: tortilla strips, shredded cabbage, sliced radishes, chopped cilantro, lime wedges

DIRECTIONS

1. Put the hominy, potatoes, carrots, onion, garlic, oregano, cumin, and vegetable broth into a large soup pot. Cook over medium-high heat for 10 minutes.
2. Add the water, diced chiles, chili powder, and bay leaves. Bring to a boil, then lower the heat and let it simmer for 35–45 minutes, or until the hominy softens and the stew thickens.
3. Add salt to taste.
4. To serve, scoop the stew into bowls and serve with your favorite toppings.

NUTRITION INFORMATION

Per Serving: Calories: 185;
Carbohydrates: 33 g; Sugar: 3 g;
Fiber: 5 g; Total Fat: 3 g; Protein: 5 g; Sodium: 330 mg.

Yukon salmon soup

SERVES: 6

PREP TIME: 10 MINUTES

COOK TIME: 20 MINUTES

NO NUTS

INGREDIENTS

- 3 medium potatoes, cubed
- 1 cup uncooked rice (white, brown, or mixed)
- 1 medium onion, chopped
- 4 cups water
- 3 cans (16 oz each) salmon, drained
- Salt and pepper, to taste
- 1 can (16 oz) cream of celery soup (reduced sodium optional)
- 1 tablespoon butter

DIRECTIONS

1. Put the potatoes, rice, and onion in a large pot. Add enough water to cover everything.
2. Add the drained salmon. Season with salt and pepper. Bring the pot to a boil.
3. Cook for about 15 minutes, or until the potatoes are soft.
4. Stir in the cream of celery soup and butter.
5. Simmer for a few minutes, stirring gently. Serve hot.

NUTRITION INFORMATION

Per Serving: Calories: 350;
Carbohydrates: 36 g; Sugar: 4 g;
Fiber: 3 g; Total Fat: 16 g; Protein:
20 g; Sodium: 600 mg.

Add ¼ cup of milk or a milk alternative at the end for a creamier texture.

vegetable chili

SERVES: 6

PREP TIME: 10 MINUTES

COOK TIME: 30 MINUTES

VEGAN NO NUTS NO DAIRY

INGREDIENTS

- 1 tablespoon olive oil
- 1 onion, diced
- 4 carrots, sliced
- 1 bell pepper, chopped
- 2 garlic cloves, minced
- 1 tablespoon chili powder
- 1 can (15 oz) black beans, drained and rinsed
- 1 can (15 oz) tomato sauce
- 2 cans (14–15 oz each) diced tomatoes

NUTRITION INFORMATION

Per Serving: Calories: 155;
Carbohydrates: 30 g; Sugar: 9 g;
Fiber: 8 g; Total Fat: 3 g; Protein: 6 g;
Sodium: 360 mg.

DIRECTIONS

1. Heat the olive oil in a large pot over medium-high heat.
2. Add the onion and carrots. Cook for about 5 minutes, until the onion looks clear.
3. Add the bell pepper and garlic. Cook for 1 more minute.
4. Add the chili powder, black beans, tomato sauce, and diced tomatoes. Bring everything to a boil.
5. Cover the pot, turn the heat down, and let it simmer for 30 minutes.
6. Check that the vegetables are soft. Serve warm and enjoy!

Serve over rice or baked potatoes to make it a full meal.

chicken enchilada soup

SERVES: 6

PREP TIME: 10 MINUTES

COOK TIME: 30 MINUTES

NO NUTS

INGREDIENTS

- 1 tablespoon oil
- 1 small onion, chopped
- 3 garlic cloves, minced
- 3 cups low-sodium chicken broth
- 1 can (10 oz) enchilada sauce
- 1 can (15 oz) black beans, rinsed and drained
- 1 can (14.5 oz) petite diced tomatoes
- 2 cups frozen corn
- 1 teaspoon cumin
- 1 teaspoon chili powder
- 1 lb boneless, skinless chicken breast
- Optional toppings: cheddar cheese, green onions, cilantro, avocado, sour cream

DIRECTIONS

1. Heat the oil in a large soup pot over medium-high heat.
2. Add the onion and cook 3–5 minutes, until soft.
3. Add the garlic and cook 1 more minute, stirring so it doesn't burn.
4. Add the enchilada sauce, black beans, tomatoes, corn, cumin, chili powder, and chicken breast. Stir and bring to a gentle boil.
5. Cover the pot and simmer 15–20 minutes, until the chicken is fully cooked.
6. Take the chicken out and shred it with two forks. Put the shredded chicken back into the pot and stir well.
7. Serve warm with toppings like cheese, green onions, cilantro, avocado, or sour cream.

NUTRITION INFORMATION

Per Serving: Calories: 235;
Carbohydrates: 25 g; Sugar: 5 g;
Fiber: 6 g; Total Fat: 6 g; Protein: 23 g; Sodium: 610 mg.

Ghanian egg stew

SERVES: 4

PREP TIME: 10 MINUTES

COOK TIME: 20 MINUTES

NO NUTS NO DAIRY

INGREDIENTS

- 5 plum tomatoes, roughly chopped
- 4 garlic cloves, roughly chopped
- 1 small onion, roughly chopped
- 1 habanero pepper, stem removed (optional)
- 2 tablespoons vegetable oil
- 2 teaspoons chicken bouillon powder, divided
- 5 large eggs
- ½ teaspoon salt (optional)
- Optional sides: cooked yam, plantains, or steamed rice

NUTRITION INFORMATION

Per Serving: Calories: 165;
Carbohydrates: 7 g; Sugar: 4 g;
Fiber: 1 g; Total Fat: 12 g; Protein: 8 g; Sodium: 430 mg.

DIRECTIONS

1. Put the tomatoes, garlic, onion, and habanero in a blender or food processor. Blend until smooth.
2. Heat the vegetable oil in a skillet over medium heat. Pour in the tomato mixture and stir. Cover and let it simmer for 10–12 minutes, until it becomes thicker. Stir in 1 teaspoon of bouillon powder.
3. While the sauce cooks, crack the eggs into a bowl. Add the other 1 teaspoon of bouillon powder and beat with a fork.
4. Pour the egg mixture into different spots in the stew. Do not stir. Cover and cook on medium-low for 5 minutes, until the eggs start to set.
5. Uncover and gently stir the eggs into the stew. Cook uncovered for 5 more minutes, until most of the liquid is gone. Add salt if needed.
6. Serve with yam, plantains, or rice if you like.

coconut lentil soup

SERVES: 4

PREP TIME: 10 MINUTES

COOK TIME: 30 MINUTES

VEGAN

NO DAIRY

INGREDIENTS

- 2 tablespoons olive oil
- 1 cup onion, finely chopped
- 1 tablespoon curry powder
- ¼ teaspoon chili flakes
- 2 garlic cloves, minced
- 2-inch piece of fresh ginger, peeled and minced
- 1 cup dry lentils, rinsed and drained
- 1 cup tomatoes, chopped
- 3 cups vegetable broth
- ¼ cup fresh coriander (cilantro), chopped
- Salt and pepper, to taste
- 1 cup coconut milk
- Optional toppings: extra coriander, coconut milk, and lime wedges

NUTRITION INFORMATION

Per Serving: Calories: 255;
Carbohydrates: 25 g; Sugar: 4 g;
Fiber: 5 g; Total Fat: 14 g; Protein: 7 g;
Sodium: 420 mg.

DIRECTIONS

1. Heat the oil in a pot over medium-high heat. Add the onion and cook for about 8 minutes, until soft and golden.
2. Add the curry powder, chili flakes, garlic, and ginger. Cook 2 minutes until fragrant.
3. Add the lentils, tomatoes, broth, and coriander. Season with salt and pepper.
4. Bring to a boil, then reduce the heat and let it simmer 25 minutes, stirring sometimes, until the lentils are soft.
5. Stir in the coconut milk. Add a little water if the soup is too thick. For a smoother soup, blend part or all of it.
6. Serve warm with extra coriander, a drizzle of coconut milk, and lime wedges.

Use 2 teaspoons of ground ginger if you don't have fresh ginger.

garbanzo bean salad

SERVES: 6

PREP TIME: 10 MINUTES

VEGAN

NO DAIRY

INGREDIENTS

- 1 can (15 oz) garbanzo beans, rinsed and drained
- 1 can (15 oz) diced pears, drained
- ½ cup walnuts, chopped
- ½ cup raisins
- 1 garlic clove, minced
- ⅓ cup olive oil
- 3 tablespoons red wine vinegar
- ½ teaspoon salt
- ½ teaspoon black pepper

DIRECTIONS

1. Put the garbanzo beans, pears, walnuts, raisins, and garlic in a large bowl. Mix them together.
2. In a small bowl, mix the olive oil, red wine vinegar, salt, and pepper.
3. Pour the dressing over the salad. Toss everything until it is coated well.
4. Serve right away or keep in the fridge for later.

NUTRITION INFORMATION

Per Serving: Calories: 250;
Carbohydrates: 24g; Sugar: 12g;
Fiber: 3g; Total Fat: 16g; Protein: 5g;
Sodium: 190mg.

Apple cider vinegar, white wine vinegar, rice vinegar, or lemon juice can be used in place of red wine vinegar.

tuna pasta salad

SERVES: 4

PREP TIME: 10 MINUTES

COOK TIME: 20 MINUTES

NO NUTS

INGREDIENTS

- ½ small red onion, diced
- 2 tablespoons lemon juice (½–1 lemon)
- 8 oz elbow pasta (uncooked)
- 1 bell pepper, diced
- 1 cup corn
- 1 cup green peas
- 1 can (5–6 oz) tuna, drained
- ⅓ cup light mayonnaise
- ⅓ cup plain nonfat Greek yogurt
- ¼ cup parsley, minced

DIRECTIONS

1. In a small bowl, mix the onion with the lemon juice and let it sit.
2. Boil pasta according to the package. Drain and rinse under cold water until cool.
3. In a large bowl, add the pasta, onion mixture, bell pepper, corn, peas, tuna, mayo, yogurt, and parsley.
4. Stir everything together until well mixed.
5. Chill in the fridge before serving.

NUTRITION INFORMATION

Per Serving: Calories: 285;
Carbohydrates: 33 g; Sugar: 4 g;
Fiber: 3 g; Total Fat: 9 g; Protein: 16 g; Sodium: 330 mg.

pinto bean salad

SERVES: 4

PREP TIME: 10 MINUTES

CHILL TIME: 1 HOUR

VEGETARIAN NO NUTS NO DAIRY

INGREDIENTS

- 1 (15 oz) can pinto beans, rinsed and drained
- 5–6 cherry tomatoes, chopped
- 1 red bell pepper, chopped
- 1 cucumber, chopped
- 1 stalk celery, thinly sliced
- 2 tablespoons Dijon mustard
- 2 tablespoons lime juice
- 1 tablespoon chopped fresh parsley
- 1 teaspoon ground cumin

DIRECTIONS

1. In a large bowl, mix all ingredients. Stir until everything is coated.
2. Cover and chill in the fridge for at least 1 hour so the flavors blend.

NUTRITION INFORMATION

Per Serving: Calories: 145;
Carbohydrates: 24 g; Sugar: 4 g;
Fiber: 6 g; Total Fat: 2 g; Protein: 8 g; Sodium: 210 mg.



entrees

red beans and rice

SERVES: 4

PREP TIME: 10 MINUTES

COOK TIME: 30-35 MINUTES

VEGAN NO NUTS NO DAIRY

INGREDIENTS

- 2 tablespoons olive oil
- 1 onion, diced
- 2 celery stalks, diced
- 2 red bell peppers, diced
- 3 garlic cloves, minced
- 2 tomatoes, diced
- 2 cans (15 oz each) red beans, drained and rinsed
- ¼ teaspoon salt
- ½ teaspoon cayenne pepper
- 1 teaspoon thyme
- 1 teaspoon oregano
- 1 bay leaf
- ½ cup dry brown rice

DIRECTIONS

1. Heat the olive oil in a large pan over medium heat. Add the onion and cook until soft.
2. Add the celery, bell peppers, and garlic. Cook for about 5 minutes.
3. Add the tomatoes. Stir and let the mixture simmer for 5 minutes.
4. Add the red beans, salt, cayenne, thyme, oregano, and the bay leaf. Stir and let everything simmer for 20 minutes.
5. While the beans cook, make the brown rice following the instructions on the package.
6. Remove the bay leaf. Serve the beans over the brown rice.

NUTRITION INFORMATION

Per Serving: Calories: 275;
Carbohydrates: 44g; Sugar: 6g;
Fiber: 10g; Total Fat: 7g; Protein:
11g; Sodium: 240mg.

Use canned tomatoes if you don't have fresh tomatoes.

barley jambalaya

SERVES: 6

PREP TIME: 10 MINUTES

COOK TIME: 40-50 MINUTES

NO NUTS NO DAIRY

INGREDIENTS

- 1 cup instant pearl barley
- 4 cups water or broth
- 2 bay leaves
- 1 tablespoon canola oil
- 3 medium onions, diced
- 2 celery stalks, diced
- 1 bell pepper (any color), diced
- 2 garlic cloves, minced
- 4 ounces ground turkey
- 1 teaspoon salt
- ½ teaspoon cayenne pepper
- 2 cans (14.5 oz each) diced tomatoes
- 1½ teaspoons dried oregano
- 1 teaspoon black pepper

NUTRITION INFORMATION

Per Serving: Calories: 235;
Carbohydrates: 38 g; Sugar: 6 g;
Fiber: 7 g; Total Fat: 5 g; Protein: 11 g;
Sodium: 410 mg.

DIRECTIONS

1. Rinse the barley. Put it in a pot with the water or broth and bay leaves. Bring to a boil, then cover and cook 20–30 minutes until tender. Drain and set aside.
2. While the barley cooks, heat the oil in a large pot over medium-high heat. Add the onions, celery, bell pepper, and garlic. Cook 5 minutes until soft. Add the turkey, break it up, and cook 5 minutes until browned.
3. Add the diced tomatoes, salt, cayenne, oregano, and black pepper. Stir and bring to a simmer. Cover and cook 15 minutes.
4. Stir in the cooked barley. Add a splash of water or broth if needed. Cook on low 5–10 minutes more to blend the flavors. Remove the bay leaves and serve.

curried chickpeas with spinach

SERVES: 4

PREP TIME: 10 MINUTES

COOK TIME: 15 MINUTES

VEGAN NO NUTS NO DAIRY

INGREDIENTS

- 2 tablespoons olive oil
- 1 small onion, diced
- 2 garlic cloves, minced
- 1 inch piece fresh ginger, minced
- 2 tablespoons curry powder
- ¼ teaspoon cayenne pepper
- 8 oz spinach (fresh or frozen)
- 1 can (15 oz) tomato sauce
- 1 can (29 oz) chickpeas, drained and rinsed
- Optional to serve: brown rice

NUTRITION INFORMATION

Per Serving: Calories: 260;
Carbohydrates: 32g; Sugar: 5g;
Fiber: 9g; Total Fat: 11g; Protein:
10g; Sodium: 420mg.

DIRECTIONS

1. Heat the olive oil in a large pan over medium heat. Add the onion, garlic, and ginger. Cook for 3–5 minutes, until the onions soften.
2. Add the curry powder and cayenne pepper. Stir and cook for 1 minute.
3. If using fresh spinach, add ¼ cup of water and the spinach. Cook until it wilts.
4. If using frozen spinach, add it directly to the pan and stir.
5. Add the chickpeas and tomato sauce. Stir and cook for about 5 minutes, until everything is hot.
6. Serve warm, on its own or over brown rice.

Use 1 teaspoon of ground ginger for every 1 inch of fresh ginger you don't have.

refried bean burgers

SERVES: 4

PREP TIME: 10 MINUTES

COOK TIME: 10 MINUTES

VEGETARIAN NO NUTS NO DAIRY

INGREDIENTS

- 2 cups refried beans
- 1 egg
- $\frac{3}{4}$ cup breadcrumbs, oatmeal, or crushed cereal
- $\frac{1}{4}$ teaspoon salt
- 1 teaspoon chili powder
- Cooking oil, for frying
- 4 whole wheat hamburger buns
- Optional toppings: cheese, lettuce, tomato, onion, ketchup, mustard

DIRECTIONS

1. Put the refried beans, egg, breadcrumbs (or oats or cereal), salt, and chili powder in a large bowl. Mix until everything is fully combined.
2. Shape the mixture into 4 patties.
3. Heat a little oil in a skillet over medium heat. Add the patties and cook for about 5 minutes per side, until browned and warmed through.
4. Place each patty on a whole wheat bun. Add any toppings you like and serve.

NUTRITION INFORMATION

Per Serving: Calories: 265;
Carbohydrates: 36g; Sugar: 3g;
Fiber: 7g; Total Fat: 7g; Protein: 12g;
Sodium: 420mg.

Add garlic powder, onion powder, or paprika to boost the flavor of the bean mixture.

Cajun shrimp and rice

SERVES: 4

PREP TIME: 10

COOK TIME: 20

NO NUTS

INGREDIENTS

- 4 tablespoons butter, melted and divided
- 2 garlic cloves, minced
- 1½ cups white rice
- 2⅔ cups chicken broth
- 1 pound jumbo shrimp, peeled and deveined

Cajun Seasoning Mix:

- 1½ teaspoons paprika
- 1 teaspoon salt
- 1 teaspoon garlic powder
- ½ teaspoon black pepper
- ½ teaspoon onion powder
- ½ teaspoon dried oregano
- ½ teaspoon cayenne pepper
- ¼ teaspoon crushed red pepper flakes

DIRECTIONS

1. In a small bowl, mix all the Cajun seasoning ingredients together.
2. Melt 2 tablespoons of the butter in a large skillet over medium heat. Add the garlic, half of the Cajun seasoning, and the rice. Stir well.
3. Pour in the chicken broth. Bring it to a boil, then turn the heat to low. Cover and cook for 15 minutes, stirring sometimes.
4. While the rice cooks, toss the shrimp in the remaining 2 tablespoons of butter and the rest of the Cajun seasoning.
5. Add the shrimp to the skillet. Cover and cook for 5 minutes, or until the shrimp is pink and fully cooked.
6. Serve warm.

NUTRITION INFORMATION

Per Serving: Calories: 430;
Carbohydrates: 44 g; Sugar: 1 g;
Fiber: 1 g; Total Fat: 17 g; Protein: 26 g;
Sodium: 720 mg.

spinach spaghetti bake

SERVES: 6

PREP TIME: 15 MINUTES

COOK TIME: 30 MINUTES

VEGETARIAN NO NUTS

INGREDIENTS

- ½ pound spaghetti
- 1 tablespoon vegetable oil
- 2 cans diced tomatoes (14–15 oz each, not drained)
- 2 teaspoons garlic powder
- 1 teaspoon dried oregano or Italian seasoning
- 2 teaspoons black pepper
- 2 cups reduced-fat shredded cheese
- 3 cups fresh spinach, rinsed

NUTRITION INFORMATION

Per Serving: Calories: 290;
Carbohydrates: 38 g; Sugar: 6 g;
Fiber: 3 g; Total Fat: 9 g; Protein: 13 g; Sodium: 410 mg.

DIRECTIONS

1. Preheat the oven to 350°F.
2. Cook the spaghetti following the directions on the package. Drain and set aside.
3. Lightly oil the bottom of a baking pan. Add the cooked spaghetti to the pan.
4. In a saucepan, add the diced tomatoes, garlic powder, oregano, and black pepper. Bring to a simmer and cook for 10 minutes.
5. Stir the tomato and seasoning mixture into the spaghetti.
6. Add the spinach and mix gently until it starts to wilt.
7. Sprinkle the cheese over the top. Bake for 30 minutes, or until hot and bubbling.
8. Let cool for 3–4 minutes before serving.

Add mushrooms, zucchini, or bell peppers to increase the veggies in the tomato sauce.

salmon fried rice

SERVES: 6

PREP TIME: 10 MINUTES

COOK TIME: 15 MINUTES

NO NUTS NO DAIRY

INGREDIENTS

- 1 teaspoon brown sugar
- 3 tablespoons soy sauce
- 1 tablespoon oil
- 1 small onion, diced
- 1 bell pepper, diced
- 2 garlic cloves, minced
- ½ teaspoon ground ginger
- 4 cups cooked white rice (day-old rice works best)
- 1 cup frozen peas, thawed
- Two 5-oz cans salmon, drained
- 2 green onions, thinly sliced
- Cilantro, for garnish

NUTRITION INFORMATION

Per Serving: Calories: 285;
Carbohydrates: 33 g; Sugar: 3 g;
Fiber: 2 g; Total Fat: 9 g; Protein: 15 g;
Sodium: 640 mg.

DIRECTIONS

1. In a small bowl, mix the brown sugar and soy sauce. Set aside.
2. Heat the oil in a large skillet over medium-high heat.
3. Add the onion and bell pepper. Cook about 5 minutes, stirring sometimes, until soft.
4. Turn the heat to medium. Add the garlic and ginger and cook 1 minute, stirring constantly.
5. Add the cooked rice. Turn the heat back to medium-high and cook 2–3 minutes, stirring often.
6. Add the peas, salmon, and green onions.
7. Pour in the soy sauce mixture and stir to coat everything.
8. Remove from heat and serve. Garnish with cilantro if you like.

Add veggies to stretch the meal—frozen peas, carrots, or corn work well.

salmon patties

SERVES: 8 PATTIES

PREP TIME: 10 MINUTES

COOK TIME: 12 MINUTES

NO NUTS

INGREDIENTS

- 24 oz canned salmon, drained
- (3 cans 8 oz each or 2 cans 14.75 oz with skin/bones)
- 2 eggs
- 6 green onions, minced
- ½ cup panko bread crumbs
- ½ cup grated Parmesan
- Juice of 1 lime
- 4 tablespoons avocado oil or olive oil (use more for extra-crispy patties)

NUTRITION INFORMATION

Per Serving: Calories: 330;
Carbohydrates: 8 g; Sugar: 1 g;
Fiber: 0 g; Total Fat: 20 g; Protein:
30 g; Sodium: 520 mg.

DIRECTIONS

1. Drain the salmon. If your cans have skin or bones, remove them or crush the soft bones into the mixture.
2. In a large bowl, mix the salmon, eggs, green onions, bread crumbs, Parmesan, and lime juice. Shape into 8 patties, about 1 inch thick.
3. Heat a skillet over medium-high heat and add the oil.
4. When the oil is hot, add the patties, leaving space between them. Cook for 5–10 minutes until golden brown.
5. Flip and cook the other side until golden. Serve warm or enjoy cold over a salad.

Serve on buns for salmon burgers or crumble over rice bowls for an easy meal idea.

ground beef and succotash

SERVES: 4

PREP TIME: 5 MINUTES

COOK TIME: 10 MINUTES

NO NUTS **NO DAIRY**

INGREDIENTS

- 8 oz lean ground beef
- 1 cup frozen lima beans, cooked and drained
- 1¾ cups corn (from a 15.5 oz can, drained, low-sodium)
- 1 can (14.5 oz) low-sodium tomatoes, broken up
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- ⅛ teaspoon nutmeg

DIRECTIONS

1. Cook the ground beef in a 9-inch skillet until browned. Drain any extra liquid.
2. Stir in the lima beans, corn, tomatoes, salt, and black pepper.
3. Cover and simmer for 5 minutes, until everything is heated through.
4. Sprinkle nutmeg on top before serving.

NUTRITION INFORMATION

Per Serving: Calories: 220;
Carbohydrates: 20 g; Sugar: 4 g;
Fiber: 4 g; Total Fat: 9 g; Protein: 16 g; Sodium: 330 mg.

honey garlic chicken skewers

SERVES: 4

PREP TIME: 15 MINUTES

COOK TIME: 8-10 MINUTES

NO DAIRY

INGREDIENTS

Marinade

- 1 tablespoon vegetable oil
- 1 tablespoon sesame oil
- 2 garlic cloves, minced
- 1 teaspoon minced ginger
- 3 tablespoons low-sodium soy sauce
- 3 tablespoons honey

Skewers

- 2 boneless, skinless chicken breasts, cut into bite-sized pieces
- 1 red bell pepper, cut into chunks
- 1 onion, cut into squares
- ¼ cup cooking oil (for brushing/grilling)

NUTRITION INFORMATION

Per Serving: Calories: 270;
Carbohydrates: 14 g; Sugar: 10 g;
Fiber: 1 g; Total Fat: 15 g; Protein: 22 g; Sodium: 470 mg.

DIRECTIONS

1. Mix all the marinade ingredients in a small bowl.
2. Put the chicken in a bowl and pour in half the marinade. Cover and refrigerate for 1 hour or up to a day. Save the rest of the marinade for cooking.
3. If using wooden skewers, soak them in water so they don't burn.
4. Heat a grill pan or griddle on high.
5. Thread the chicken, bell peppers, and onion onto the skewers, switching between each. Throw away the marinade left in the chicken bowl.
6. Cook the skewers for 8–10 minutes, turning often. Brush with the saved marinade halfway through.
7. Cook until the chicken reaches 165°F. Serve with rice, whole wheat tortillas, or pita.

If you don't have skewers, stir-fry everything in a pan instead. You'll get the same flavor in less time.

sweet potato and lentil patties

SERVES: 6

PREP TIME: 15 MINUTES

COOK TIME: 55 MINUTES

VEGAN NO NUTS NO DAIRY

INGREDIENTS

- 1 cup lentils, rinsed
- 2 medium sweet potatoes
- 1 medium onion, finely diced
- 3 garlic cloves, minced
- 1 teaspoon cumin
- 1 teaspoon salt
- ½ teaspoon pepper
- 1 cup breadcrumbs
- 1 tablespoon dried parsley
- 2 tablespoons oil

NUTRITION INFORMATION

Per Serving: Calories: 105;
Carbohydrates: 18 g; Sugar: 3 g;
Fiber: 3 g; Total Fat: 2 g; Protein: 3 g;
Sodium: 210 mg.

DIRECTIONS

1. Cook the lentils according to the package.
2. Heat the oven to 400°F. Pierce the sweet potatoes with a fork and bake for about 45 minutes, until soft. Let them cool, then peel and mash.
3. In a large bowl, mix the mashed sweet potatoes, cooked lentils, onion, garlic, cumin, salt, pepper, breadcrumbs, and parsley.
4. Shape the mixture into small patties about 2–3 inches wide.
5. Heat oil in a skillet over medium heat. Cook each patty 4–5 minutes per side, until golden brown.
6. Serve warm with your favorite dip or sauce.

pork loin with curry sauce

SERVES: 6

PREP TIME: 10 MINUTES

COOK TIME: 25 MINUTES

NO NUTS

INGREDIENTS

- 1½ lbs pork tenderloin
- 2 tablespoons butter
- Salt and pepper, to taste
- 2–3 heads broccoli, cut into florets
- 1–3 cans green beans, drained
- 1¼ cups heavy whipping cream
- 1 tablespoon curry powder

NUTRITION INFORMATION

Per Serving: Calories: 355;
Carbohydrates: 7 g; Sugar: 3 g;
Fiber: 2 g; Total Fat: 23 g; Protein:
30 g; Sodium: 210 mg.

DIRECTIONS

1. Trim the pork and slice it into ½-inch pieces. Heat 2 tablespoons butter in a frying pan and cook the pork until browned and fully cooked. Season with salt and pepper, then remove from the pan.
2. In the same pan, cook the broccoli and green beans. Add more butter if needed. Cook until the broccoli is mostly tender.
3. Stir in the cream and curry powder. Bring to a boil, then lower the heat and simmer for 5 minutes, until the sauce thickens.
4. Return the pork to the pan and heat gently in the sauce.
5. Serve hot with the vegetables and curry sauce.

Add an extra ½ teaspoon of curry powder for a stronger curry flavor.

paneer saag

SERVES: 6

PREP TIME: 10 MINUTES

COOK TIME: 30 MINUTES

NO DAIRY

INGREDIENTS

- 2 teaspoons turmeric
- 1 teaspoon cayenne pepper
- Salt, to taste
- 2 tablespoons vegetable oil
- 12 ounces paneer, cut into 1-inch cubes
- 32 ounces spinach (fresh or frozen)
- 1 medium onion, diced
- 1 section of ginger (1 inch), peeled and grated
- 4 garlic cloves, diced
- 1 teaspoon garam masala
- 2 teaspoons ground coriander
- 1 teaspoon cumin
- ½ cup plain yogurt
- Optional to serve: rice or tortilla

NUTRITION INFORMATION

Per Serving: Calories: 255;
Carbohydrates: 10 g; Sugar: 4 g;
Fiber: 3 g; Total Fat: 18 g; Protein: 13 g;
Sodium: 340 mg.

Use chicken as a substitute if you don't have paneer.

DIRECTIONS

1. In a large bowl, mix the turmeric, cayenne, salt, and oil. Add the paneer and stir until all pieces are coated. Set aside.
2. Cook the spinach in the microwave according to the package, or steam it with a little water for about 3 minutes. Chop it if needed and set aside.
3. Heat a little oil in a skillet over medium heat. Add the paneer cubes and cook 3 minutes per side, until lightly browned. Remove and set aside.
4. In the same skillet, add the onion, garlic, and ginger. Add a bit more oil if needed. Cook until the mixture turns dark golden brown.
5. Add the garam masala, coriander, and cumin. Cook 5 minutes, adding small splashes of water so it doesn't dry out.
6. Add the cooked spinach, a pinch of salt, and ¼ cup of water. Cook 5 minutes, stirring often.
7. Lower the heat and stir in the yogurt until the sauce is creamy and heated through. Add the paneer back in and mix gently.



sides

Mexican style zucchini

SERVES: 4

PREP TIME: 10 MINUTES

COOK TIME: 10 MINUTES

VEGETARIAN

NO NUTS

INGREDIENTS

- 1 tablespoon oil
- 1 small onion, diced
- 2 medium zucchinis, sliced
- 1 Roma tomato, chopped
- 1 can corn, rinsed and drained
- Salt and pepper, to taste
- ½ cup shredded mozzarella cheese
- ½ cup queso fresco (optional)

NUTRITION INFORMATION

Per Serving: Calories: 150;
Carbohydrates: 14 g; Sugar: 4 g;
Fiber: 2 g; Total Fat: 9 g; Protein: 6 g;
Sodium: 280 mg.

DIRECTIONS

1. Heat the oil in a large skillet over medium heat.
2. Add the onion and cook for about 2 minutes.
3. Add the zucchini, tomato, corn, salt, and pepper. Stir well.
4. Cover the skillet, lower the heat, and cook for 8 minutes, until veggies are soft.
5. Turn off the heat and sprinkle mozzarella over the top.
6. Cover again for 2–3 minutes until the cheese melts.
7. Serve warm. Add queso fresco on top if you like.

spicy collard greens

SERVES: 4

PREP TIME: 10 MINUTES

COOK TIME: 30 MINUTES

VEGAN NO NUTS NO DAIRY

INGREDIENTS

- 1 tablespoon olive oil
- 1 medium onion, diced
- 2 garlic cloves, minced
- 1 pinch red pepper flakes
- 1 bunch collard greens, chopped
- 3 cups vegetable broth
- ¼ cup apple cider vinegar
- Salt and pepper, to taste
- ¼ teaspoon cayenne pepper

NUTRITION INFORMATION

Per Serving: Calories: 80;
Carbohydrates: 10 g; Sugar: 3 g;
Fiber: 3 g; Total Fat: 3 g; Protein: 3 g;
Sodium: 430 mg.

DIRECTIONS

1. Heat a skillet over medium-high heat and add the olive oil. Add the onion and cook for about 2 minutes, until soft.
2. Add the garlic and red pepper flakes. Cook for 1 more minute.
3. Add the chopped collard greens and cook until they start to wilt.
4. Pour in the vegetable broth and apple cider vinegar. Cover and simmer for about 30 minutes, or until the greens are tender.
5. Add salt, pepper, and the cayenne pepper. Serve warm.

orange chickpeas

SERVES: 3

PREP TIME: 5 MINUTES

COOK TIME: 10 MINUTES

VEGAN NO NUTS NO DAIRY

INGREDIENTS

- $\frac{3}{4}$ cup orange juice (fresh or bottled)
- 3 tablespoons soy sauce
- 1 tablespoon sesame oil
- 1 tablespoon rice vinegar
- 1 tablespoon maple syrup
- 1 teaspoon cornstarch
- $\frac{1}{2}$ tablespoon Sriracha
- $\frac{1}{2}$ teaspoon garlic powder
- $\frac{1}{4}$ teaspoon ground ginger
- 1 tablespoon oil
- 1 can (15 oz) chickpeas, drained and rinsed

NUTRITION INFORMATION

Per Serving: Calories: 205;
Carbohydrates: 30 g; Sugar: 14 g;
Fiber: 4 g; Total Fat: 6 g; Protein: 8 g;
Sodium: 770 mg.

DIRECTIONS

1. In a bowl, mix the orange juice, soy sauce, sesame oil, rice vinegar, maple syrup, cornstarch, Sriracha, garlic powder, and ginger.
2. Spray a large pan with nonstick oil and heat it over medium heat. Add the chickpeas and cook for 1–2 minutes.
3. Slowly pour in the sauce and stir to coat the chickpeas. Cook for 3–5 minutes, or until the sauce thickens.
4. Remove from heat and serve right away.
5. Optional: Serve with rice, broccoli, or any grain or vegetable you like.

peanut sesame noodles

SERVES: 4

PREP TIME: 10 MINUTES

COOK TIME: 5 MINUTES

VEGAN

NO DAIRY

INGREDIENTS

- 3 cups cooked noodles (whole-grain or white), rinsed with cold water
- 2 tablespoons canola or vegetable oil
- 2 tablespoons sesame seeds
- 1 garlic clove, minced
- 1 teaspoon ground ginger (optional)
- 1 tablespoon sesame oil (optional)
- 2 tablespoons low-sodium soy sauce
- 1 tablespoon warm water
- ¼ cup crunchy peanut butter
- Hot chili sauce, to taste (optional)
- ½ bunch scallions, chopped

DIRECTIONS

1. Put the cooked noodles in a large bowl.
2. Heat a skillet over medium heat. Add the oil and sesame seeds. Stir until the seeds begin to brown.
3. Remove the skillet from the heat. Stir in the garlic and ginger until lightly golden.
4. Add the sesame oil, soy sauce, and warm water. Mix well.
5. Stir in the peanut butter (and chili sauce if using) until the sauce is smooth.
6. Pour the sauce over the noodles and toss until everything is coated.
7. Top with chopped scallions. Serve warm or cold.

NUTRITION INFORMATION

Per Serving: Calories: 360;
Carbohydrates: 38 g; Sugar: 3 g;
Fiber: 3 g; Total Fat: 20 g; Protein:
10 g; Sodium: 390 mg.

African stewed black-eyed peas

SERVES: 8

PREP TIME: 10 MINUTES

COOK TIME: 30 MINUTES

VEGAN NO NUTS NO DAIRY

INGREDIENTS

- 1 tablespoon canola oil
- 1 onion, diced
- 1 can diced tomatoes
- 2 tablespoons tomato paste
- 1 tablespoon ginger, minced
- ½ tablespoon garlic, minced
- 1 tablespoon paprika
- 2–3 cups water
- 2–3 green onions, chopped
- 4 cans black-eyed peas (15 oz each), drained and rinsed

DIRECTIONS

1. Heat the oil in a large pot over medium heat. Add the diced onion and cook 3–4 minutes until soft.
2. Add the tomatoes, tomato paste, ginger, garlic, and paprika. Stir and cook 1 minute.
3. Pour in half the water and let the mixture simmer 10–15 minutes.
4. Add the green onions, black-eyed peas, and the rest of the water. Bring to a boil, then lower the heat and simmer 15 minutes.
5. Let cool a bit and serve warm.

NUTRITION INFORMATION

Per Serving: Calories: 285;
Carbohydrates: 32 g; Sugar: 4 g;
Fiber: 7 g; Total Fat: 12 g; Protein: 12 g; Sodium: 360 mg.



snacks

peach salsa

SERVES: 8

PREP TIME: 10 MINUTES

VEGAN NO NUTS NO DAIRY

INGREDIENTS

- 1 can (16 oz) diced tomatoes, drained
- 1 bell pepper, diced
- 2 jalapeños, seeded and diced
- 1 onion, diced
- 2 cans (16 oz each) peaches, drained and diced
- ½ bunch cilantro, chopped
- Juice of 1 lime
- 1½ teaspoons salt
- ¼ teaspoon black pepper

DIRECTIONS

1. Put the drained tomatoes into a large bowl.
2. Dice the bell pepper, jalapeños, onion, and peaches. Add them to the bowl.
3. Stir in the cilantro, lime juice, salt, and black pepper.
4. Mix well and serve fresh or chilled.

NUTRITION INFORMATION

Per Serving: Calories: 45;
Carbohydrates: 11 g; Sugar: 9 g;
Fiber: 1 g; Total Fat: 0 g; Protein: 1 g;
Sodium: 270 mg.

date energy balls

SERVES: 12 BALLS

PREP TIME: 10 MINUTES

VEGETARIAN

INGREDIENTS

- 1 cup pitted dates
- 3 tablespoons peanut butter
- $\frac{1}{4}$ cup dark chocolate chips
- 1 tablespoon chia seeds
- $\frac{2}{3}$ cup dry oats

NUTRITION INFORMATION

Per Serving: Calories: 85;
Carbohydrates: 12 g; Sugar: 9 g;
Fiber: 2 g; Total Fat: 3.5 g; Protein: 2 g;
Sodium: 15 mg.

DIRECTIONS

1. Put the dates in a food processor or blender, and blend until they form a sticky dough.
2. Add the peanut butter, chocolate chips, chia seeds, and oats. Blend or mix until everything is well combined.
3. Roll the mixture into 1-inch balls.
4. Eat right away or chill for 15 minutes so they firm up.
5. Store in an airtight container in the fridge for up to 1 week.

Add a flavor twist by mixing in cinnamon, coconut flakes, or swapping chocolate chips for raisins.

kale chips

SERVES: 4

PREP TIME: 10 MINUTES

COOK TIME: 10-15 MINUTES

VEGAN NO NUTS NO DAIRY

INGREDIENTS

- 1½ lbs kale
- 3 tablespoons olive oil
- 1½ teaspoons lemon juice or white wine vinegar
- Salt, to taste

NUTRITION INFORMATION

Per Serving: Calories: 95;
Carbohydrates: 6 g; Sugar: 1 g;
Fiber: 2 g; Total Fat: 7 g; Protein: 3 g;
Sodium: 150 mg.

DIRECTIONS

1. Heat oven to 300–325°F.
2. Rinse the kale, dry it well, remove the thick stems, and tear the leaves into small pieces.
3. Toss the kale with olive oil, lemon juice or vinegar, and salt.
4. Spread in a single layer on a baking sheet lined with parchment paper.
5. Bake for 10–15 minutes, tossing a few times, until crispy but not burned.

Add extra flavor with garlic powder, smoked paprika, or nutritional yeast for a cheesy taste.

fiesta hummus

SERVES: 5

PREP TIME: 10 MINUTES

VEGETARIAN NO NUTS

INGREDIENTS

- 1 can garbanzo beans, drained
- ½ teaspoon cumin
- ¼ teaspoon salt
- 1 dash cayenne pepper
- 2 garlic cloves, minced
- ½ cup plain non-fat yogurt
- 1 tablespoon lime juice
- 1 tablespoon sesame oil
- 1 jalapeño, finely chopped
- 2 tablespoons cilantro, chopped

DIRECTIONS

1. Mash the garbanzo beans in a blender, food processor, or with a fork until smooth.
2. Add the cumin, salt, cayenne, garlic, yogurt, lime juice, sesame oil, jalapeño, and cilantro. Blend or mix until creamy.
3. Chill in the fridge for 1 hour or overnight for more flavor.
4. Serve with crackers, veggies, or tortilla chips. Refrigerate leftovers.

NUTRITION INFORMATION

Per Serving: Calories: 115;
Carbohydrates: 12 g; Sugar: 2 g;
Fiber: 3 g; Total Fat: 5 g; Protein: 5 g; Sodium: 220 mg.

To make it dairy-free, use dairy-free yogurt or replace the yogurt with 1–2 tablespoons of olive oil plus a splash of water.

black bean brownies

SERVES: 12 BROWNIES

PREP TIME: 10 MINUTES

COOK TIME: 18 MINUTES

VEGETARIAN

NO NUTS

INGREDIENTS

- 1½ cups black beans (1 can, 15 oz, drained and rinsed)
- 2 tablespoons cocoa powder
- ½ cup oats
- ¼ teaspoon salt
- ⅓ cup honey, maple syrup, or agave
- 2 tablespoons sugar
- ¼ cup vegetable or olive oil
- 2 teaspoons vanilla extract
- ½ teaspoon baking powder
- ½ cup chocolate chips

DIRECTIONS

1. Heat the oven to 350°F. Grease an 8×8-inch baking pan.
2. Add all ingredients except the chocolate chips to a food processor. Blend until smooth.
3. Stir in the chocolate chips.
4. Pour the batter into the pan and spread it evenly.
5. Bake 15–18 minutes. Let cool for 10 minutes before serving.

NUTRITION INFORMATION

Per Serving: Calories: 155;
Carbohydrates: 21 g; Sugar: 12 g;
Fiber: 3 g; Total Fat: 7 g; Protein: 3 g;
Sodium: 90 mg.

English muffin pizzas

SERVES: 2

PREP TIME: 5 MINUTES

COOK TIME: 10-12 MINUTES

VEGETARIAN

NO NUTS

INGREDIENTS

- 2 whole wheat English muffins
- 1 cup pizza sauce
- 1 cup shredded mozzarella cheese
- Chopped vegetables (optional — bell peppers, mushrooms, onions, spinach, etc.)

NUTRITION INFORMATION

Per Serving: Calories: 360;
Carbohydrates: 44 g; Sugar: 7 g;
Fiber: 6 g; Total Fat: 12 g; Protein:
22 g; Sodium: 720 mg.

DIRECTIONS

1. Split the English muffins in half and place them on a baking sheet.
2. Spread about 4 tablespoons of pizza sauce on each half.
3. Add chopped vegetables if you want.
4. Sprinkle $\frac{1}{4}$ cup mozzarella cheese on each.
5. Broil for 3–4 minutes, or bake at 400°F for 10–12 minutes, until the cheese melts and the muffins are lightly toasted.

Add protein by using turkey pepperoni, shredded chicken, or beans.

avocado and corn salsa

SERVES: 4

PREP TIME: 10 MINUTES

CHILL TIME: 1 HOUR

VEGAN NO NUTS NO DAIRY

INGREDIENTS

- 1 avocado, diced
- $\frac{3}{4}$ cup frozen corn, thawed (or canned corn, drained)
- $\frac{1}{2}$ cup grape tomatoes, quartered
- 1 tablespoon cilantro, chopped
- 2 teaspoons lime juice
- $\frac{1}{4}$ teaspoon salt

DIRECTIONS

1. Add the avocado, corn, tomatoes, cilantro, lime juice, and salt to a bowl.
2. Mix gently so the avocado doesn't get mashed.
3. Chill for at least 1 hour before serving so the flavors blend.
4. Serve cold as a dip or topping.

NUTRITION INFORMATION

Per Serving: Calories: 95;
Carbohydrates: 10 g; Sugar: 2 g;
Fiber: 3 g; Total Fat: 6 g; Protein: 2 g;
Sodium: 150 mg.

chili popcorn

SERVES: 4

PREP TIME: 5 MINUTES

VEGAN NO NUTS NO DAIRY

INGREDIENTS

- 4 cups popped popcorn
- 1 teaspoon chili powder
- A dash of garlic powder

NUTRITION INFORMATION

Per Serving: Calories: 55;
Carbohydrates: 10 g; Sugar: 0 g;
Fiber: 2 g; Total Fat: 1 g; Protein: 2
g; Sodium: 55 mg.

DIRECTIONS

1. Put the popcorn in a large bowl.
2. In a small bowl, mix the chili powder and garlic powder.
3. Sprinkle the seasoning over the popcorn while tossing to coat evenly.
4. Serve right away.

banana ice cream

SERVES: 2

PREP TIME: 5 MINUTES

FREEZE TIME: 8 HOURS

VEGETARIAN

NO NUTS

INGREDIENTS

- 2–3 ripe bananas
- 3 tablespoons milk (1% or 2%)
- Chocolate syrup (optional)

NUTRITION INFORMATION

Per Serving: Calories: 140;
Carbohydrates: 32 g; Sugar: 19 g;
Fiber: 3 g; Total Fat: 1 g; Protein: 2 g;
Sodium: 10 mg.

DIRECTIONS

1. Peel and slice the bananas. Place the slices in a single layer on a baking sheet.
2. Cover the sheet with plastic wrap and freeze for about 8 hours, or until completely frozen.
3. Add the frozen banana slices and milk to a blender or food processor.
4. Blend until the mixture becomes smooth and creamy, like ice cream. You may need to stop and scrape down the sides halfway through.
5. Serve right away. Add chocolate syrup if you want.

baked plantain chips

SERVES: 4

PREP TIME: 10 MINUTES

COOK TIME: 15-20 MINUTES

VEGAN NO NUTS NO DAIRY

INGREDIENTS

- Cooking spray or a little oil (to coat the baking sheet)
- 2 green or slightly yellow plantains
- ½ teaspoon salt
- 1 teaspoon smoked paprika
- Black pepper, to taste

NUTRITION INFORMATION

Per Serving: Calories: 115;
Carbohydrates: 28 g; Sugar: 9 g;
Fiber: 2 g; Total Fat: 2 g; Protein: 1 g;
Sodium: 300 mg.

If you don't have a mandolin, slice slowly with a sharp knife to keep the pieces even so they bake evenly.

DIRECTIONS

1. Heat the oven to 400°F. Line a baking sheet with foil and lightly coat it with cooking spray or oil.
2. Cut off both ends of each plantain. Make a shallow cut down the peel, then pull the peel off. (If the plantains are cold, rinse them under warm water to make peeling easier.)
3. Slice the plantains into thin, even pieces. A mandolin works best, but a sharp knife is fine.
4. Put the slices in a bowl and toss with salt, smoked paprika, and pepper until coated.
5. Spread the slices in a single layer on the baking sheet.
6. Bake for 15–20 minutes, flipping after 10 minutes, until the chips are golden and crispy.
7. Serve warm or cool. Store leftovers in an airtight container.

yogurt fruit dip

SERVES: 4

PREP TIME: 5 MINUTES

VEGETARIAN

INGREDIENTS

- ½ cup plain Greek yogurt
- 1 tablespoon honey or maple syrup
- ¼ teaspoon cinnamon
- ¼ teaspoon vanilla extract

NUTRITION INFORMATION

Per Serving: Calories: 45;
Carbohydrates: 8 g; Sugar: 7 g;
Fiber: 0 g; Total Fat: 0 g; Protein: 3
g; Sodium: 15 mg.

DIRECTIONS

1. Mix the yogurt, honey or maple syrup, cinnamon, and vanilla together in a bowl.
2. Serve with fruits like strawberries, pineapple, blackberries, or apple slices.
3. Store leftovers in the refrigerator for up to 1 week.

Greek yogurt ranch dip

SERVES: 8

PREP TIME: 5 MINUTES

VEGETARIAN

NO NUTS

INGREDIENTS

- 1 packet Ranch dips mix
- 16 oz plain Greek yogurt

NUTRITION INFORMATION

Per Serving: Calories: 35;
Carbohydrates: 3 g; Sugar: 2 g;
Fiber: 0 g; Total Fat: 1 g; Protein: 4 g;
Sodium: 240 mg.

DIRECTIONS

1. Add the Greek yogurt and Ranch dip packet to a medium bowl.
2. Mix well until smooth and evenly combined.
3. Serve with veggies like carrots, celery, broccoli, tomatoes, or cucumbers.
4. Store in the fridge for up to 5–7 days.