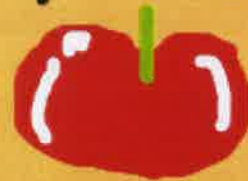




# Meatless Monday Recipes



# 1. Quinoa Vegetable Soup with Kale

## Ingredients

- 3 tablespoons extra virgin olive oil
- 1 medium yellow or white onion, chopped
- 3 carrots, peeled and chopped
- 2 celery stalks, chopped
- 1 to 2 cups chopped seasonal vegetables, like zucchini, yellow squash, bell pepper, sweet potatoes or butternut squash
- 6 garlic cloves, pressed or minced
- ½ teaspoon dried thyme
- 1 large can (28 ounces) diced tomatoes
- Scant 1 cup quinoa, rinsed well in a fine mesh colander (use less for a lighter, more broth-y soup)
- 4 cups (32 ounces) vegetable broth
- 2 cups water
- 1 teaspoon salt, more to taste
- 2 bay leaves
- Pinch red pepper flakes
- Freshly ground black pepper
- 1 can (15 ounces) great northern beans or chickpeas, rinsed and drained
- 1 cup or more chopped fresh kale or collard greens, tough ribs removed
- 1 to 2 teaspoons lemon juice, to taste
- Optional garnish: freshly grated Parmesan cheese



## Instructions

- Warm the olive oil in a large Dutch oven or soup pot over medium heat. Once the oil is shimmering, add the chopped onion, carrot, celery, seasonal vegetables and a pinch of salt. Cook, stirring often, until the onion has softened and is turning translucent, about 6 to 8 minutes.
- Add the garlic and thyme. Cook until fragrant while stirring frequently, about 1 minute. Pour in the diced tomatoes with their juices and cook for a few more minutes, stirring often.
- Pour in the quinoa, broth and the water. Add 1 teaspoon salt, 2 bay leaves and a pinch of red pepper flakes. Season generously with freshly ground black pepper. Raise heat and bring the mixture to a boil, then partially cover the pot and reduce heat to maintain a gentle simmer.
- Cook for 25 minutes, then remove the lid and add the beans and the chopped greens. Continue simmering for 5 minutes or more, until the greens have softened to your liking.
- Remove the pot from heat, then remove the bay leaves. Stir in 1 teaspoon lemon juice. Taste and season with more salt, pepper and/or lemon juice until the flavors really sing. (You might need up to ½ teaspoon more salt, depending on your vegetable broth and your personal preferences.) Divide into bowls and top with grated Parmesan if you'd like.

## 2. Sweet Potato & Black Bean Tacos with Avocado-Pepita Dip

### Ingredients

#### *Roasted sweet potatoes*

- 2 pounds sweet potatoes (3 to 4 medium sweet potatoes), peeled and sliced into 1-inch chunks
- 2 tablespoons olive oil
- 1/4 teaspoon cayenne pepper (omit if sensitive to spice)
- 1/4 teaspoon fine sea salt

#### *Spicy black beans*

- 1 tablespoon olive oil
- 1 small yellow or white onion, finely chopped
- Fine sea salt
- 2 teaspoons ground cumin
- 1/4 teaspoon chili powder
- 2 cans black beans, rinsed and drained (or 3 cups cooked black beans)
- 1/3 cup water
- 1 teaspoon sherry vinegar or lime juice
- Freshly ground black pepper, to taste



#### *Avocado-pepita dip*

- 2 avocados, pitted
- 1 cup lightly packed fresh cilantro (mostly leaves, some small stems are ok)
- 1/2 cup pepitas
- 1 small jalapeño, seeded and roughly chopped, or 1/4 teaspoon red pepper flakes (go easy if sensitive to spice)
- 2 cloves garlic, roughly chopped
- 2 tablespoons lime juice (about 1 medium lime) or 1 tablespoon sherry vinegar
- 2 tablespoons water
- 1/2 teaspoon fine grain sea salt
- Freshly ground black pepper, to taste

#### *Everything else*

- 8 to 10 small corn tortillas
- Crumbled feta
- Suggested garnishes: [Pickled jalapeños](#) or [pickled radishes](#) or pickled red onions, torn cilantro, hot sauce, etc.

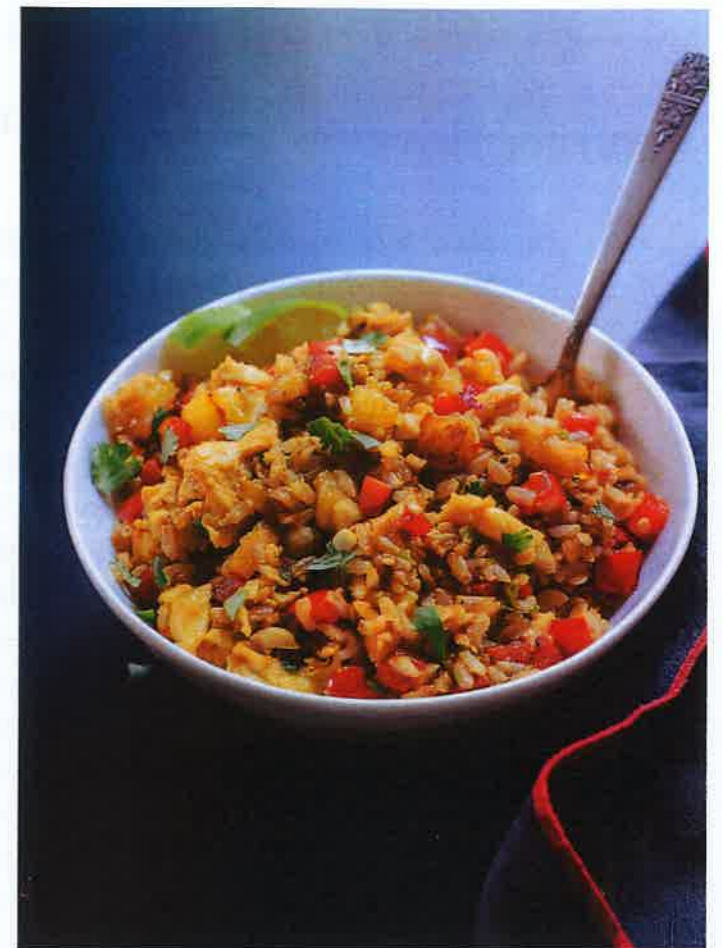
## Instructions

- Roast the sweet potatoes: Preheat the oven to 425 degrees Fahrenheit and line a large, rimmed baking sheet with parchment paper for easy clean-up. Toss the prepared sweet potatoes with the olive oil, cayenne pepper (if using) and salt. Arrange in a single layer and bake for 30 to 40 minutes, tossing halfway, until the sweet potatoes are tender and caramelizing at the edges.
- Prepare the black beans: Warm the olive oil in a large saucepan over medium heat. Add the onions and a sprinkle of salt. Cook, stirring occasionally, until the onions have softened and are turning translucent, about 5 to 8 minutes. Add the cumin and chili powder and cook for about 30 seconds while stirring. Pour in the beans and water. Stir, cover and reduce heat to maintain a gentle simmer.
- Cook for 5 minutes, then remove the lid and use a potato masher or a fork to mash up at least half of the beans. Remove from heat, stir in the vinegar, season with salt (I added over 1/4 teaspoon) and pepper, and cover until you're ready to serve.
- Make the avocado dip: First, toast the pepitas in a skillet over medium heat, stirring often, until they are fragrant and starting to make little popping noises, about 5 minutes. Transfer to a bowl and set aside.
- Scoop the avocado flesh into a food processor or blender. Add the cilantro, jalapeño, garlic, lime juice, water and salt. Blend until smooth, scraping down the sides of the processor/blender as necessary. Add almost all of the pepitas (reserve a few tablespoons for garnish) and process just until the pepitas are chopped into small pieces (some remaining texture is desirable). Taste, and add more salt if necessary. Transfer the dip to a small bowl for serving.
- To warm the tortillas, heat a large skillet over medium heat and warm the tortillas in batches, flipping to warm each side. Alternatively, you can warm them directly over a low flame on a gas range. Stack the warmed tortillas on a plate and cover with a tea towel to keep warm.
- To assemble the tacos, spread black beans down the middle of each tortilla, then top with some sweet potatoes and avocado-pepita dip. Garnish with feta, pepitas and anything else that strikes your fancy. Repeat with remaining tortillas and serve.

## 3. Thai Pineapple Fried Rice

### INGREDIENTS

- 2 tablespoons coconut oil or quality vegetable oil, divided
- 2 eggs, beaten with a dash of salt
- 1 1/2 cups chopped fresh pineapple
- 1 large red bell pepper, diced
- 3/4 cup chopped green onions (about 1/2 bunch)
- 2 cloves garlic, pressed or minced
- 1/2 cup chopped raw, unsalted cashews
- 2 cups cooked and chilled brown rice\*, preferably long-grain brown jasmine rice
- 1 tablespoon reduced-sodium tamari or soy sauce
- 1 to 2 teaspoons chili garlic sauce or sriracha
- 1 small lime, halved
- Salt, to taste
- Handful of fresh cilantro leaves, torn into little pieces, for garnishing



## INSTRUCTIONS

1. Heat a large wok, cast iron skillet or non-stick frying pan over medium-high heat and place an empty serving bowl nearby. Once the pan is hot enough that a drop of water sizzles on contact, add 1 teaspoon oil. Pour in the eggs and cook, stirring frequently, until the eggs are scrambled and lightly set, about 30 seconds to 1 minute. Transfer the eggs to the empty bowl. Wipe out the pan if necessary with a paper towel (be careful, it's hot!).
2. Add 1 tablespoon oil to the pan and add the pineapple and red pepper. Cook, stirring constantly, until the liquid has evaporated and the pineapple is caramelized on the edges, about 3 to 5 minutes. Then add the green onion and garlic. Cook until fragrant while stirring constantly, about 30 seconds. Transfer the contents of the pan to your bowl of eggs.
3. Reduce the heat to medium and add the remaining 2 teaspoons of oil to the pan. Pour in the cashews and cook until fragrant, stirring constantly, about 30 seconds. Add the rice to the pan and stir to combine. Cook until the rice is hot, stirring occasionally, about 3 minutes.
4. Pour the contents of the bowl back into the pan and stir to combine, breaking up the scrambled eggs with your spoon. Cook until the contents are warmed through, then remove the pan from heat. Add the tamari and chili garlic sauce, to taste. Squeeze the juice of 1/2 lime over the dish and stir to combine. Season to taste with salt and set aside.
5. Slice the remaining 1/2 lime into 4 wedges. Transfer the stir-fry to individual serving bowls and garnish each bowl with a lime wedge and a light sprinkle of cilantro. Serve with bottles of tamari and chili garlic sauce or sriracha on the side, for those who might want to add more to their bowls.

## 4. Spicy Thai Peanut Sauce over Roasted Sweet Potatoes and Rice

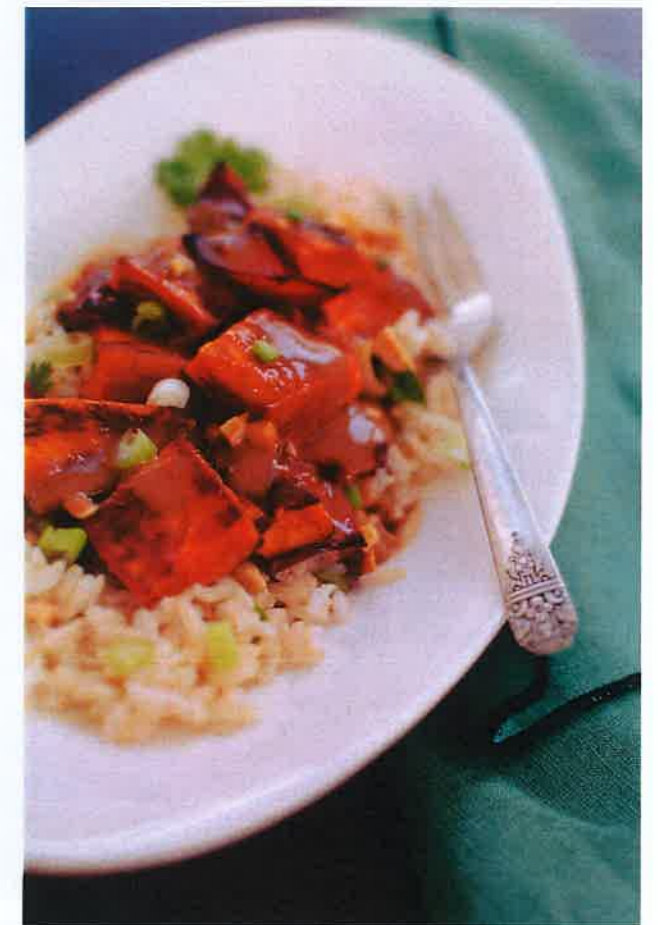
### INGREDIENTS

- 1/2 cup creamy peanut butter
- 1/4 cup reduced-sodium tamari or soy sauce
- 3 tablespoons apple cider vinegar
- 2 tablespoons honey or maple syrup
- 1 teaspoon grated fresh ginger
- 2 cloves garlic, pressed
- 1/4 teaspoon red pepper flakes
- 2 tablespoons water

### Roasted vegetables

- 2 sweet potatoes, peeled and sliced into 1 inch long, 1/2 inch wide chunks
- 1 red bell pepper, cored, deseeded, and sliced into bite-sized strips
- about 2 tablespoons coconut oil (or olive oil)
- 1/4 teaspoon cumin powder
- Sea salt, to taste

### Rice and garnishes



- 1 1/4 cup jasmine brown rice (or any variety of long-grain brown rice)
- 2 to 3 green onions/chives, sliced into thin rounds (green and white parts)
- Handful cilantro, torn
- Handful peanuts, crushed
- Sriracha/rooster sauce on the side (optional)

## INSTRUCTIONS

1. Prep: Bring a large pot of water to boil. Preheat the oven to 425 degrees Fahrenheit with a rack in the middle and another rack near the top.
2. Roast the vegetables: On a large, rimmed baking sheet, toss the sweet potato with a generous tablespoon of coconut oil, the cumin and a sprinkle of salt. Arrange them in a single layer, and set aside.
3. On a separate, smaller baking sheet, toss the bell pepper with about 1 teaspoon of coconut oil and a sprinkle of salt. Toss until lightly coated and arrange them in a single layer.
4. Roast the sweet potatoes on the middle rack for about 35 minutes, tossing halfway, and roast the peppers on the top rack for about 20 minutes, tossing halfway. The vegetables will be tender and caramelized on the edges when they are ready.
5. In the meantime, cook the rice: Once the water is boiling, pour in the rice and give it a stir. Boil the rice for 30 minutes, then turn off the heat and drain the rice. Return the rice to the pot and cover the pot. Let the rice steam that way for 10 minutes. Remove the lid, fluff the rice with a fork and season with salt to taste.
6. Make the sauce: In a bowl, whisk together the sauce ingredients. If the sauce is too thick or too spicy, whisk in a little more water.
7. Serve: In bowls, divide the rice and roasted vegetables. Drizzle each bowl generously with sauce, and top with a sprinkle of green onions, cilantro and peanuts.

## Roasted Cauliflower and Lentil Tacos with Creamy Chipotle Sauce

### INGREDIENTS

#### Cauliflower

- 1 large head of cauliflower, sliced into bite-sized florets
- 2 to 3 tablespoons olive oil
- Salt and freshly ground black pepper

#### Seasoned lentils

- 1 tablespoon olive oil
- 1 cup chopped yellow or white onion
- 2 large garlic cloves, pressed or minced
- 2 tablespoons tomato paste
- 1/2 teaspoon ground cumin
- 1/2 teaspoon chili powder
- 3/4 cup brown lentils, picked over for debris and rinsed
- 2 cups vegetable broth or water



*Chipotle sauce*

- 1/3 cup mayonnaise
- 2 tablespoons lime juice
- 2 to 3 tablespoons adobo sauce (from a can of chipotle peppers) or chipotle hot sauce to taste
- Salt and freshly ground black pepper, to taste

*Everything else*

- 8 small, round corn tortillas
- 1/2 cup packed fresh cilantro leaves\*

## INSTRUCTIONS

1. To roast the cauliflower: Preheat oven to 425 degrees Fahrenheit. Toss cauliflower florets with enough olive oil to cover them in a light, even layer of oil. Season with salt and pepper and arrange the florets in a single layer on a large, rimmed baking sheet. Roast for 30 to 35 minutes, tossing halfway, until the florets are deeply golden on the edges.
2. Warm the olive oil in a medium-sized pot over medium heat. Sauté the onion and garlic with a dash of salt for about 5 minutes, until the onions are softened and turning translucent. Add the tomato paste, cumin and chili powder and sauté for another minute, stirring constantly. Add the lentils and the vegetable broth or water. Raise heat and bring the mixture to a gentle simmer. Cook, uncovered, for 20 minutes to 45 minutes, until the lentils are tender and cooked through. Reduce heat as necessary to maintain a gentle simmer, and add more broth or water if the liquid evaporates before the lentils are done. Once the lentils are done cooking, drain off any excess liquid, then cover and set aside.
3. To prepare the chipotle sauce, just whisk together the ingredients and set aside (if you have no choice but to use whole chipotle peppers from the can, use a blender to purée it all).
4. Warm tortillas individually in a pan over medium heat. Stack the warm tortillas and cover them with a tea towel if you won't be serving the tacos immediately.
5. Once all of your components are ready, you can assemble your tacos! Top each tortilla with the lentil mixture, cauliflower, a drizzle of chipotle sauce and a generous sprinkle of chopped cilantro.